



2 ingredient PEANUT BUTTER COOKIES!

Low Carb!!!! High in Protein!!!!!!!

Peanut butter cookies (2 ingredients)

- 2 eggs
- 2 cups of peanut butter

Mix 2 eggs and the 2 cups of peanut butter. Thereafter use an electric mixer to make the batter smooth. Take the mixed in your hand, roll it in your hands until it has become a smooth and soft ping pong ball size and place it on the baking tray with some non stick baking paper. Use a fork to flatten the ping shaped cookies

Preheat oven for 5-6 minutes, then place the cookies in your oven on 375 degree F(or 180-190 degrees Celsius) for 10-20 minutes depending on your oven or until the cookies are nice and firm. When you take them out you need to let them cool for about 10 minutes. Because when you let them cool they'll harden up.

Low on carbs, high in healthy fats and good amount of protein

Benefits of peanut butter

- Healthy fats
- High in potassium
- High in dietary fiber
- Good source of vitamins & minerals
- Decreased chance of developing gallstones
- Lowers chance to develop heart disease & diabetes

Brings milk and cookies to another level, enjoy some peanut butter cookies today!

[Kathy Wright Moore](#) shared [Lori Chapman's photo](#).