AMERICAN · DESSERT · SNACK

Three-Ingredient Sugar-Free Peanut Butter Cookies

15 min · Makes 10 × 1 cookie · 159 kcal a portion · Video 6:17 · Low Carb Love

Vegetarian · Gluten-free ingredients · No dairy listed

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No flour, no butter and no added sugar: about 3.7 g net carbs and 7 g protein a cookie, and dairy-free.

Diet notes: Keto (3.7 g net carbs a serve).

Ingredients 3 · MAKES 10 × 1 COOKIE

- [ ] 260 g **creamy peanut butter** (no sugar added)
- [ ] 95 g **powdered keto sweetener** (erythritol or monk fruit)
- [ ] 1 large **egg**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Peanut. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 180°C and line a baking sheet with parchment. 2:16
2. Mix the peanut butter, powdered sweetener and egg for about a minute, until you have a smooth, thick dough. 0:33
3. Roll into 10 balls, set them on the sheet, press each one down a little and mark a criss-cross with a fork. 2:27
4. Bake about 10 minutes, then move to a rack and cool about 10 minutes before eating; they firm up as they cool. 3:58

> **Tip** No powdered sweetener? Blitz granulated in a coffee grinder or blender. Rolled smaller, the dough makes 15 cookies (about 2.5 g net carbs each). Sugar-free chocolate chips or chopped nuts can be mixed in.

The method is a summary in our words — the video shows every step.

One portion (1 cookie) gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
159 kcal	7.1 g	5.2 g	1.5 g	14 g	80 mg
670 kJ	14% of a day	3.7 g net · 2.4 g sugars	6% of a day	2.8 g saturated	4% of a day
		2% of a day		17% of a day	

Energy from net carbs 9% · protein 17% · fat 74% — fits keto: 3.7 g net carbs, 74% of the energy from fat

Source of (10–19%) Vitamin E 16% · Magnesium 10%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=9PLj5UWRMAA, published 9 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/three-ingredient-keto-peanut-butter-cookies