

Cellular Healing Diet- Day 40 Sugar-Free, Wheat-Free, Dairy-Free Peanut Butter Cookies!

Peanut Butter Cookies (Sugar-Free, Wheat-free, Dairy-Free, Soy-Free)

1 cup of peanut butter (Valencia peanuts only- Trader Joe's has organic Valencia PB for like \$3)

1 cup Flaxseed meal

3/4 cup Xylitol

1 Large Egg (or use egg replacer, unflavored gelatin)

1 tsp vanilla extract (no sugar!)

2 tsp ground cinnamon

Preheat oven to 350 degrees. Mix the dry ingredients together and mix well. Add the vanilla and egg. Mix by hand until all the dry ingredients have mixed a thick, wet dough. Add the peanut butter, and mix thoroughly.

Roll the dough in your hand into 2 inch balls. Smoosh out with a fork (wet the fork with water between cookies to stop it from sticking)

Bake for 10-14 minutes at 350 degrees.

Makes 12 cookies