



Quick Peanut Butter Cookies

This recipe is quick and easy, and great for those watching their carbs. For diabetics, this recipe also works well using splenda.

1 cup peanut butter
1 cup sugar
1 egg

DIRECTIONS

Mix together and spoon balls of mixture on a greased pan. Smash balls with a fork. Bake at 375° for 10-12 minutes.

Nutrition Facts Per Serving

Servings: 16

Calories:	148.4	Sodium:	79.7 mg
Total Fat:	8.5 g	Potassium:	112.5 mg
Saturated:	1.8 g	Total Carbs:	15.6 g
Polyunsaturated:	2.3 g	Dietary Fiber:	1.0 g
Monosaturated:	4.1 g	Sugars:	12.5 g
Cholesterol:	11.6 mg	Protein:	4.5 g

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