



# Flourless Almond Butter Cookies

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 18 servings | Serving Size: 1 cookie

## Ingredients

- 1 cup creamy almond butter
- $\frac{2}{3}$  cup brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup semi-sweet mini chocolate chips

## Directions

1. Preheat the oven to 350°F.
2. Line two large baking sheets with parchment paper or silicone baking mats and set aside
3. In a large mixing bowl, add the almond butter, sugar, egg, vanilla extract, and baking soda. Mix together until very well combined.
4. Add in the chocolate chips and continue mixing until fully combined.
5. Use a 1-ounce (2-tablespoon) cookie scoop to make balls of cookie dough on the prepared baking sheets, making sure to leave a little room between each one as they spread during baking
6. Bake at 350°F for 9-11 minutes or until the cookies are set.
7. Remove from the oven and allow the cookies to cool completely on the baking sheet to firm up.

## Recipe Notes

- This recipe is quite nutritious for a cookie; low in carbohydrates, and high in fiber and protein
- The fat is high, but is primarily unsaturated and plant-based which can help to improve HDL cholesterol
- Store cookies in an airtight container on the counter for up to one week

**Nutrition Facts Per Serving:** Calories: 145 | Total Fat: 10 g | Saturated Fat: 2 g  
Sodium: 105 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 3 g

Adapted from Live Well Bake Often | Submitted by Melanya Souza, RD, LD/N  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs