



What You Need

1 cup soy nut butter verify it is the gluten free brand (creamy or crunchy)
1 1/3 cups sugar substitute and a bit more for crisscross * (Splenda is my favorite)
1 Large egg
1 ¼ tsp vanilla extract
Nonstick cooking spray
Parchment paper or aluminum foil
Baking sheet
Large mixing bowl
Wire cooling racks

Before You Start

Preheat the oven to 350 ° and prepare your baking sheet.

Let's Make It!

In a bowl combine soy nut butter and sugar substitute. Mix together evenly with a fork (it is sticky) add egg and vanilla and blend together well. Spray your palms with a little nonstick cooking spray (to keep the cookie dough balls from sticking) and roll the dough into one-inch sized balls. Place onto your baking sheet about three inches apart. Dip a fork into the sugar substitute and press a *crisscross pattern onto each cookie (it looks good and adds a bit more sweetener). Bake for 12 minutes or until firm (they will turn slightly golden in color) remove from the oven and cool on baking sheet for about 3 minutes then remove and place on cooling rack, for about 5 minutes.

Makes about one dozen- Note- these cookies literally melt in your mouth and just one or two will curb any sweet cravings you may have.

Katies Tidd Bits don't need it to be peanut free? Use your favorite peanut butter (make sure it is a gluten free brand)

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