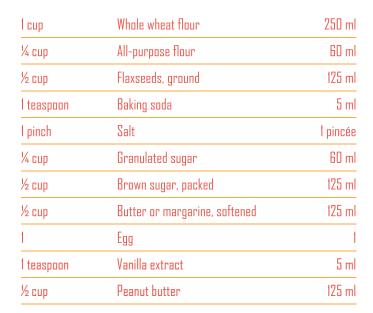


Source d'oméga 3, fibres



Ingredients





Preparation

- Preheat the oven to 350 °F (200 °C)
- 2. In a large bowl, combine flours, flaxseeds, baking soda and salt.
- In another bowl, mix the granulated sugar, brown sugar and butter with an electric beater or a spoon, until you obtain a creamy consistency. Whisk in an egg and vanilla, then the peanut butter.
- 4. Add the peanut butter mix into the flour mix, and combine (do not over mix).
- Make 28 little balls and place them on a cookie sheet. Flatten with a floured fork (flouring the fork keeps the dough from sticking to the fork).
- 6. Bake for 8 to 10 minutes, until cookies are lightly golden-brown.

Adapted from: Simply great food s Chuey, P., Campbell, E., Waisman, M.S.

