



Peanut butter and flaxseed cookies

Source d'oméga 3, fibres



Ingredients

1 cup	Whole wheat flour	250 ml
¼ cup	All-purpose flour	60 ml
½ cup	Flaxseeds, ground	125 ml
1 teaspoon	Baking soda	5 ml
1 pinch	Salt	1 pincée
¼ cup	Granulated sugar	60 ml
½ cup	Brown sugar, packed	125 ml
½ cup	Butter or margarine, softened	125 ml
1	Egg	1
1 teaspoon	Vanilla extract	5 ml
½ cup	Peanut butter	125 ml



Preparation

1. Preheat the oven to 350 °F (200 °C)
2. In a large bowl, combine flours, flaxseeds, baking soda and salt.
3. 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).
5. 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., Weisman, M.S.,