

Peanut Better Cookie



Totals per cookie (Recipe makes 20 cookies):

Calories 83 Fat 6 Fiber .8 Carbs 2.8

What you'll need:

4 egg whites

1 Cup creamy peanut butter (no sugar added)

¾ Cup Splenda for baking

Medium mixing bowl

Electric mixer

Butter flavored cooking spray

Cookie sheet

Fork

Let's get to cooking!

1. Preheat oven to 350°.
2. With electric mixer whip egg whites in mixing bowl till they form stiff peaks.
3. Add ½ cup peanut butter and blend with mixer.
4. Add remaining peanut butter and blend.
5. Add Splenda and blend (it will have a cookie dough consistency).
6. Spray cookie sheet with cooking spray.
7. Make 20 balls from the dough and place them on the cookie sheet.
8. Spray cooking spray on the bottom of the fork and dip fork in Splenda sprinkled on a plate.
9. Press cookie ball down with Splenda coated fork twice so it's crisscrossed.
10. Repeat with all cookie balls to form cookies.
11. Bake 20 minutes, but check after 15 minutes (nothing worse than an overcooked cookie!)

Amanda R. inspired this **Kitty's Lighter Weigh** recipe!