

# Peanut Butter Oat and Quinoa Cookies



These are great cookies if you're looking to satisfy your sweet tooth without a ton of added sugar. The Reinckes all really liked them!

## Ingredients:

- 1/2 cup flour
- 1/2 cup rolled oats
- 1/2 cup [quinoa flakes](#)
- 3T coconut sugar (or brown sugar)
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 large egg
- 1/4 cup creamy or chunky peanut butter
- 2 tablespoons maple syrup
- 1/4 cup roasted peanuts, chopped, optional. (Or use chunky pnb)

## Directions:

1. Preheat the oven to 350 degrees F.
2. In a large mixing bowl, combine the dry ingredients and mix until incorporated.
3. In a separate mixing bowl, beat all the wet ingredients until combined and smooth. Add the wet ingredients to the dry ingredients and mix until a dough forms.
4. Scoop the dough onto cookie sheets, flatten with the back of a fork and bake in the center of the oven for 13 - 15 minutes, until the cookies have started to brown and are a little crispy to the touch.
5. Cool on the cookie sheet for a few minutes, then transfer to a wire rack and cool for another 5 or 10 minutes.

## Notes:

- This recipe is adapted from [simplyquinoa.com](#). The original recipe calls for an additional 1/4c applesauce, but I wanted to keep the sugar to a minimum (and I didn't have any), so I omitted it.
- I'm sure you can omit the maple syrup, too.
- I also reduced the sugar from 1/4c (4T) to 3T.
- Original recipe stats for one cookie (including the applesauce): 110cal, 13gcarbs (5gsugar), 3gprotein, 5gfat.
- These will keep for a few days, but are definitely best when enjoyed fresh from the oven!