

# Writing Cookies

## Ingredients

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### Base

- 1 stick unsalted butter softened
- 1 cup creamy peanut butter, unsweetened
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 2 large eggs
- 1 tsp vanilla

### Writing Mix

- 2 1/2 cups of oats\*
- 1/2 cup almond flour
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup chocolate chips
- 1/2 cup chopped walnuts and/or pecans
- 1 tbsp chia seeds
- 1 tbsp ground flax seeds

\*You can use 2 scoops unsweetened protein powder (just under 1/2 cup) in place of 1/2 cup oats

## Directions

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- Preheat oven to 350°F.
- In a bowl cream the butter, peanut butter, sugar, and brown sugar until smooth.
- Add the eggs and vanilla and mix until combined.
- Add writing mix
- Drop heaping tablespoons of dough a few inches apart onto lightly greased or parchment-lined baking sheet.
- Bake cookies for 10-12 minutes or until golden brown.
- Let cool on sheets for 5 minutes before transferring to a wire rack to cool completely.

## Notes:

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This recipe is very forgiving. Experiment with different kinds of nut butters, swap in vegan margarine, cut back on the sugar or use gluten free oats. You can also play with your mix-ins, adding cranberries, cashews, pumpkin or hemp seeds, for example. Do not exceed ~1/2 cup protein powder or the consistency will change.

These cookies freeze well.  
Makes about 32 cookies.

*These cookies are my go-to writing snack. Full of good fats and protein, they fulfill my sweet tooth without the subsequent blood-sugar crash and brain fog.*  
-Shari Becker

