

Shopping List

Bulk/Grocery

Nut Butter/Seed Butter (Peanut, Almond, Sunflower, etc.)

Sugar

Sea Salt

Egg

Baking soda



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Any Butter (but butter) Cookies



Any Butter (but butter) Cookies

INGREDIENTS

1 c nut or seed butter (peanut, almond, sunflower, etc.)
3/4 c sugar
~1/4 t sea salt (only use if your nut/seed butter is unsalted)
1 large egg, beaten
1 t baking soda

Extras—use about 1/3 c

Toasted sunflower seeds (if using sunflower butter)
Chocolate chips
Toasted pumpkin seeds (if using pumpkin butter)
1 t vanilla extract

INSTRUCTIONS

1. Preheat oven to 350° and either grease 2 cookie sheets or line them with parchment paper.
2. Beat together the nut/seed butter and sugar in a large bowl with an electric mixer (or in a stand mixer) until smooth, about 5 minutes.
3. Add beaten egg and baking soda to any butter mixture and beat until well combined, about 3 minutes. Add in any “extras”. The dough will be crumbly and loose.
4. Form 1 t of dough into a ball and place on cookie sheet, 1” apart.
5. Flatten cookies with the tines of a slightly wet fork in a criss-cross pattern; dip fork in salt for criss and sugar for the cross.
6. Bake until lightly golden/browned, about 8-10 minutes.
7. Cool cookies on baking sheet for about 2 minutes and then transfer with a spatula to a wire rack to cool.

Cookies may be kept in an airtight container at room temperature for 5 days.

This basic recipe has been around forever (as the peanut butter version), and there are many versions of it on the web.

You can decrease the sugar to 1/2 c or put in up to 1 c of sugar, depending on how sweet your nut or seed butter is and how sweet you want the cookies.

The egg is the “glue” in this cookie—you can use an alternate sugar (honey, agave, brown rice syrup, etc.), but you’ll have to adjust the amount of sweetener you add (depending on it’s sweetness). Try about 1/3 c for a liquid sweetener. Granulated coconut sugar isn’t recommended as the cookies aren’t in the oven long enough for it to bond with the nut/seed butter.

Slightly increase cooking time if you make larger cookies.



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Makes about 2 1/2 dozen small cookies