



From the Kitchen of Executive Chef Jessica VanRoo

Peanut Cookies

Description

These fragrant, tasty peanut cookies are a Lunar New Year staple throughout southeast Asia. Although they are widely regarded as a Chinese pastry, they are far more popular within Chinese communities in Malaysia, Singapore and other neighboring countries than in China, itself.

The cookies are made of whole peanuts that have been ground and pounded into a fine powder, kneaded into a cookie dough along with flour and sugar, then rolled into thumb-sized golden balls. We condense a two-hour process into a mere 30 minutes by using natural peanut butter. But beyond convenience, peanut butter gives these cookies a touch more richness and melt-in-your-mouth goodness.

Despite their name, peanuts are unrelated to tree nuts. They're a legume — like beans, lentils and soy — and are an excellent source of vitamins and minerals known to promote heart health, including biotin, copper, niacin, folate, manganese, vitamin E, thiamine, phosphorus and magnesium.

Unlike most sweets that are mainly sugar and fat, these peanut cookies are high in protein and fiber, which can keep you feeling full longer. This recipe will make a hearty batch of toasted, nutty goodness to share with friends and family!

*Recipe serves 12. Total cost \$2.97/\$0.07 per serving. 266 calories per 4 cookies.



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Ingredients

- ¾ cup creamy peanut butter, no sugar added
- 1¾ cup whole wheat pastry flour
- ½ cup plus 1 tablespoon powdered sugar (more as needed)
- Salt if peanut butter is unsalted (optional)
- 5 tablespoons flavorless oil, such as avocado
- Raw peanuts for garnish (optional)
- 1 egg yolk plus ¼ teaspoon water for egg wash

Instructions

1. Preheat oven to 325 degrees, and in a bowl, combine peanut butter, flour, sugar and salt.
2. Add half the oil, stir and begin forming dough, adding more oil until the dough no longer crumbles. (Dough should be smooth, soft and not stick to your fingers. Depending on the weather, you may need more or less oil.)
3. Form dough into balls about 1 tablespoon in size on a baking sheet.
4. Press half a peanut on top of each if desired then brush with egg wash.
5. Bake 25 minutes, rotating the baking sheet halfway through. Do not overbake.
6. Remove from oven to cool, then transfer cookies to an airtight container. Cookies are very soft when warm but firm up as they cool.
7. Makes 40-50 small cookies which can be stored up to a month.