

## ***Teff Peanut Butter Cookies***

*Adapted from Bob's Red Mill ([www.bobsredmill.com](http://www.bobsredmill.com))*

*Featuring Teff Flour*

*Originated in Ethiopia between 4000 and 1000 BC*

*Serves 26 people, 1 cookie per serving, 27 cents per serving*

### **Ingredients**

- 1 ½ cups Teff flour
- ½ tsp salt
- ½ cup Maple syrup
- ½ cup Canola oil
- 1 tsp Vanilla
- 1 cup Peanut butter (do not use freshly ground)



Teff is the smallest grain in the world, measuring only about 1/32 inch in diameter. It is a good source of protein, fiber, and is a great gluten-free alternative.

### **Directions (Prep time: 30 minutes Bake time: 15 minutes)**

- Preheat oven to 350 degrees. Set aside an ungreased cookie sheet
- In a large bowl combine dry ingredients, set aside
- In another bowl blend syrup, oil, vanilla, and peanut butter
- Add the wet ingredients to the dry ingredients; blend well
- Shape dough into walnut size balls. Place on cookie sheet and flatten gently with the tines of a fork
- Bake about 13-15 minutes. Cool on wire rack

*Nutrition Information: serving size: 1 cookie, 150 calories per serving, 90 calories from fat, 11 g total fat, 1.5 g saturated fat, 0g trans fat, 0 mg cholesterol, 105 mg sodium, 12g total carbohydrate, 2g dietary fiber, 5g sugar, 4g protein, 0% DV vitamin A, 0% DV vitamin C, 3% DV calcium, 5% DV iron.*