

# DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

The following is a recipe converted to be healthier. Scroll down to see the original recipe.

## **Peanut Butter Cookies**

1/2 c. coconut oil

3/4 c. peanut butter

1 1/4 c. honey

3 t. baking powder

1/2 t. baking soda

3 T. soymilk

1 1/2 t. vanilla

2 1/4 c. whole wheat flour

2 2/3 c. rolled oats

1 1/4 c. vegan carob chips



Beat coconut oil, peanut butter, and honey together. Add all the dry ingredients, except oats and carob chips. Next add oats mix well then stir in carob chips.

Bake at 375 degrees for 8-10 minutes

Peanut Butter Cookies (original recipe)

3/4 c. butter

3/4 c. peanut butter

1 1/4 c. brown sugar

1 1/4 c. white sugar

1 1/2 t. baking powder

1/2 t. soda

3 eggs

1 1/2 t. vanilla

2 1/4 c. white flour

2 2/3 c. instant oats

10 oz. Chocolate chips