

NUTRITION: Lazza's Kitchen Adventure

Peanut Butter Cookies

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Peanut Butter Cookies from scratch**

George Washington Carver (1864-1943), an American agricultural extension educator, from Alabama's Tuskegee Institute, was the most well known promoter of the Peanut.

In his 1925 research bulletin called *How to Grow the Peanut and 105 Ways of Preparing it for Human Consumption*, he included three recipes for peanut cookies calling for crushed or chopped peanuts.

Ingredients

- 250g Crunchy Peanut Butter
- 175 Golden Brown Sugar
- 2 Eggs
- ¼ teasp Salt (optional)
- Walnut Pieces
- Desiccated Coconut (up to you)

You can add a spice or two if you wish.

Another one of the simpler recipes here. But quality is just as important.

The great thing with cookies is you can play with different flavours. I was going to do just a basic peanut butter cookie, but decided to add coconut and walnuts too. (If I had found hazelnuts they would have gone in too).

Heat oven to 180C/160C fan/gas 4 and line 2 large baking trays with baking parchment.

Measure the peanut butter and sugar into a bowl. Add ¼ tsp fine table salt and mix well with a wooden spoon. Add the eggs and mix again (adding the extra walnuts and coconut) until the mixture forms a dough.

Break off cherry tomato sized chunks of dough and place, well spaced apart, on the trays. Press the cookies down with the back of a fork to squash them a little. (If you want, the cookie dough can now be frozen for 2 months, cook from frozen adding an extra min or 2 to the cooking time).

Bake for 12/15 mins, until golden around the edges and paler in the centre. Cool on the trays for 10 mins, then transfer to a wire rack and cool completely. Store in a cookie jar for up to 3 days, or hand them out to friends like I did. They are soft and chewy in the middle. :-)



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.**