

# Ashley's Meal Prep Monday!

## 3-Ingredient Nutter Butter Cookies

### INGREDIENTS

2 cups almond flour  
1 cup nut butter of choice  
(we used creamy peanut  
butter)  
1/2 cup maple syrup

Preheat oven to 350 and line a cookie sheet with parchment paper.

In a bowl, combine flour, syrup, and nut butter. Mix until a creamy batter is formed. Roll the mixture into teaspoon sized balls and connect two of them together on the cookie sheet.

Press down on them with a fork to create a hatch pattern. \*You may need to wet the fork with water so it doesn't stick.

Bake for 10-15 minutes. Remove from oven and let cool completely. Once fully cooled, spread additional nut butter on the backside and sandwich them together to create a cookie.

Enjoy!

Recipe: @lindsay.keosayian

CARTWRIGHT'S  
MARKET

