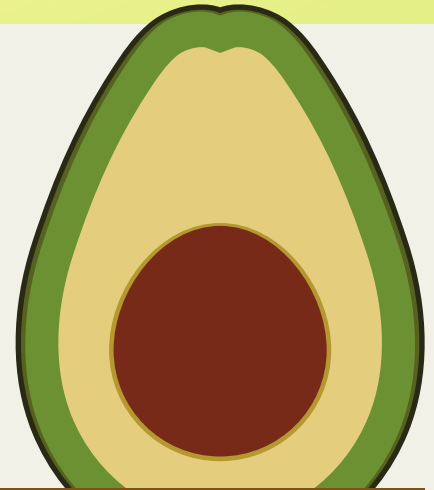




### Prep Time

**TOTAL TIME: 60 MIN**

- Prep: 10 min
- Cook: 15 min



## Directions

1. Put all ingredients in a bowl or stand up mixer.
2. Mix until well combined.
3. Make 20 small balls from the dough and place on a lined baking sheet, about an inch or two apart.
4. Bake for 12 to 15 minutes. Let cool for 10 minutes, they will harden slightly.

## Ingredients

### PREHEAT OVEN:

- 350 degrees F

### MEASURE THESE OUT:

- 1 cup peanut butter (unsweetened)
- 3/4 c Truvia
- 1 egg

### MACROS PER COOKIE (20)

7 g total carb  
7 g fat  
3 g protein  
83 kcal

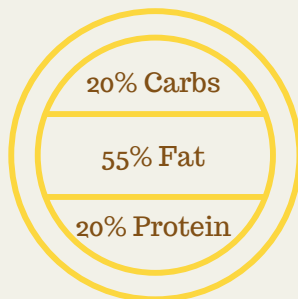
## For these diets:

Keto, low carb, low-FODMAP\*, paleo\* (use almond butter), anti-inflammatory\*, healthy weight plan\*

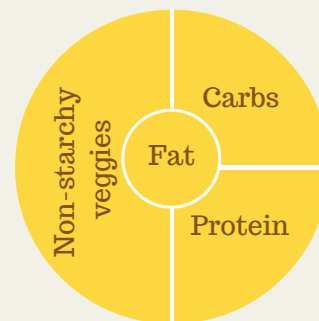
## Daily Macro Plan

**IDEAL MEAL PLAN GOALS FOR LOW CARB, HIGHER FAT, MODERATE PROTEIN**

Your whole day should fall somewhere in these ranges- keep track with CarbManager



Each plate should be balanced close to this chart to help you stay full



\*Diets sold by nutrition uprising