



Cassie's Low Fat Peanut Butter Cookies

Ingredients:

**2 cups of whole wheat flour
1 tablespoon baking soda
1 cup low fat peanut butter
1 cup low fat milk
1 tablespoon of shredded carrot**

Need to have:

**measuring cups & rolling pin
med. & large mixing bowls
cookie sheet
Pam baking spray**

- **Preheat oven to 375 degrees.**
- **While oven is heating, take a large mixing bowl and combine the whole wheat flour with the baking soda.**
- **In a medium size bowl, mix the low fat peanut butter, low fat milk and carrots.**
- **Add peanut butter mixture to large bowl and mix well together until it reaches a dough-like consistency.**
- **Knead dough on a lightly floured surface; add flour if needed until it is smooth and no longer sticky.**
- **Use a rolling pin to flatten the dough to $\frac{1}{2}$ inch thickness. Cut out your biscuits with whatever style cutter you choose.**
- **Spray Pam on cookie sheet. Place treats 1 inch apart and bake for 20 minutes or until lightly brown. Cool on a rack! Make sure and put them up so inquisitive doggies can't get into them! 😊**

[... Our thanks to Cassie's mom, Sharon Menely, for this recipe!]