



Sugar-Free Peanut Butter Cookies

**1/3 Cup pecan pieces
3 Cups biscuit mix
1 Cup pitted dates
2 Egg whites
1 Cup warm water
2 teaspoons Vanilla
2/3 Cup unsweetened peanut butter
Fruit-sweetened jam**

Preheat oven to 350°. Use a blender or food processor to chop pecan pieces until finely ground. Sift the biscuit mix, stir into the pecans, and set aside. Use blender or food processor to purée dates, gradually adding egg whites. Beat several minutes until creamy. Melt peanut butter, and then stir it into the blender along with the water and vanilla. Fold liquid ingredients into biscuit mix. Stir only until blended. Press dough into 1/4" thickness and about 2" diameter cookies on an ungreased cookie sheet. Then press a slight thumb print into the middle of each. Decorate each cookie with 1/4 teaspoon of jam. Bake at 350° for 8-12 minutes until touches of light brown can be seen.

Makes 3 dozen cookies.

Steve Smith