

# Recipes

## No-bake Peanut Butter Thumbprint Cookies

Prep time: 20 minutes

Total time: 20 minutes

### Cookies

- 1/2 cup natural creamy salted peanut butter (or sub other nut / seed butter)
- 1 pinch sea salt
- 1/4 cup maple syrup
- 1 2/3 cup almond flour

### Jam

- 1 cup dried unsweetened fruit (we used blueberries)
- 2 Tbsp warm water

1. Add peanut butter to a medium mixing bowl. The peanut butter should be runny when measured. Then add maple syrup and stir until well combined.
2. Measure out almond flour and add a little at a time until a workable dough forms. If too dry/crumbly, add more peanut butter or maple syrup. If too sticky or wet, add a little more almond flour. We added an additional few tablespoons to achieve the right consistency.
3. Scoop dough out in 1 1/2 Tbsp amounts and gently roll into balls. Then pick up one cookie at a time and cradle it in your palm. Use your pointer finger or thumb to make an indent, being careful not to press too forcefully to prevent cracking. If the dough cracks, smooth the cracks over before chilling. Continue until all cookies are pressed, then transfer to the refrigerator to chill.
4. To make your jam, add dried fruit to a food processor and blend until a ball forms or only small bits remain. Then add warm water 1 Tbsp (15 ml) at a time until a thick paste forms, scraping down sides as needed. Be careful not to add too much water or the jam will become too wet. We found 2 Tbsp (30 ml) to be the right consistency (as the recipe is written). You're looking for a paste consistency.
5. Remove cookies from refrigerator and add 1/2 tsp of jam to the center of each cookie. Press down to situate the jam as needed. Repeat until all cookies are filled. You'll have leftover jam which you can cover, refrigerate, and reserve for future cookies or oats!
6. Store cookies well sealed in the refrigerator up to 1 week, or in the freezer up to 1 month (let thaw before enjoying).