



Marmite Peanut Butter Cookies

If you like peanut butter cookies and love Marmite then these are for you! Marmite contains vitamin B12 which is great for your brain and heart health. Peanut butter is a great source of protein to help with your recovery after a training session.

Serves: 10, Prep time: 00:10, Cook time: 00:10

Instructions

1. Pre-heat oven to 180°C (350°F)
2. Cream together butter and sugars until light and fluffy.
3. Beat in the egg and vanilla, until fully incorporated.
4. Beat in the Marmite Peanut Butter
5. Combine the dry ingredients, and then slowly mix them into the creamed butter mixture.
6. Scoop out onto a baking tray and gently squish each cookie with a fork.
7. Bake for about 10 minutes, allow to cool and enjoy!

Notes:

These cookies are great for during or after a training session as they are

Ingredients

- 0.5 cups Butter, unsalted
- 0.5 cups Sugar, white
- 0.5 cups Sugar, brown
- 1 Eggs
- 0.5 teaspoon Vanilla Extract
- 0.5 cups Marmite Peanut Butter
- 1.5 cups Flour, wheat, white
- 0.5 teaspoon Baking Soda
- 0.5 teaspoon Sea Salt

packed with protein and anti-oxidants.
They also contain salt to replenish salt
lost during your training and
carbohydrates to fuel you.

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