

# Healthier Peanut Butter Blossom Cookies

## INGREDIENTS:

1 c. peanut butter  
½ c. butter, softened  
¼ c. sugar  
½ c. brown sugar, packed  
1 egg  
3 Tbsp. low-fat milk  
1 tsp. vanilla extract  
¾ c. all-purpose flour  
½ c. whole-wheat flour  
¾ tsp. baking powder  
¼ tsp. salt  
39 chocolate kisses.

## DIRECTIONS:

Preheat oven to 375 F.

In a large bowl, cream together the peanut butter, butter, white sugar and brown sugar until well blended. Beat in the egg, milk and vanilla one at a time.

In a medium bowl, combine the flours, baking powder and salt; stir into creamed mixture.

Use a cookie scoop or roll tablespoonfuls of dough into balls. Place cookies 2 inches apart on baking sheets.

Bake for eight to 10 minutes in the preheated oven, or until edges are lightly browned.

Removed from oven. Immediately place chocolate piece in center of cookie.

Let cool one minute on baking sheet; remove and place on cooling rack.

## NUTRITION:

Makes 39 servings. Each serving has 110 calories, 7 g fat, 2 g protein, 12 g carbohydrate, 1 g fiber and 50 mg sodium.