

# PB&J Cookies

## Ingredients:

### For the Cookies-

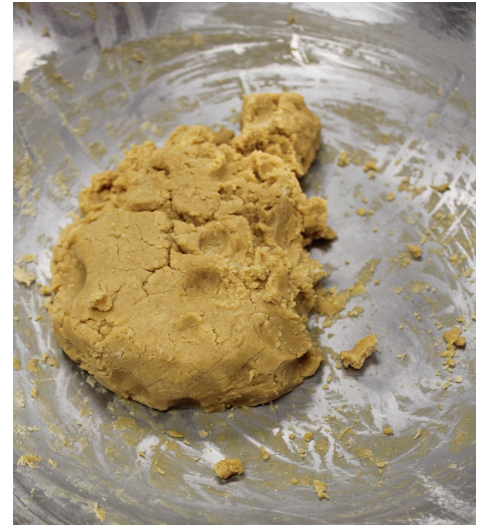
**1 stick butter,  
softened**  
**1 cup peanut butter**  
**1 cup sugar**  
**1 egg**  
**1 teaspoon vanilla  
extract**  
**1/2 teaspoon salt**  
**1/2 teaspoon  
baking soda**  
**1 1/2 cups flour**

### For the Jam-

**1 1/2 cups  
fresh/frozen  
berries**  
**1/4 cup honey or  
maple syrup**  
**2 Tablespoons chia  
seeds**  
**1/4 teaspoon vanilla  
extract**  
**1/8 teaspoon salt**

## Directions:

**1. Preheat oven to 350 degrees.**  
**2. To start with the cookie dough, place softened butter, sugar and peanut butter into a large mixing bowl. Stir until fully combined.**  
**3. Add in the egg, vanilla and salt, mixing until fully incorporated. Slowly add in the baking soda and flour, mixing until a dough forms. Set aside.**



**4. In a small saucepan, heat the berries and sweetener over low heat for 5-7 minutes or until the berries begin to break down. Once there are no large chunks of berries left, sprinkle in the chia seeds. Stirring constantly over low heat for 2-3 minutes or until the jam begins to thicken.**  
**5. Take off the heat and add in the vanilla and salt.**

**6. Using a spoon or cookie scoop, roll 2 Tablespoons of the cookie dough into balls and place 1-2 inches apart on a prepared baking sheet.**  
**7. Using your thumb, press into the center of each cookie to create a small crater for the jam. Place 1 teaspoon of the jam into each of the cookies.**  
**8. Bake for 12-15 minutes, or until the cookies are golden brown.**



# Seasonal Salad with Blueberries and Grapefruit

## Ingredients:

### For the Dressing-

**2 Tablespoons olive oil**

**2 Tablespoons white vinegar**

**1 Tablespoon honey**

**Juice of 1 lime**

**Salt and Pepper**

### For the Salad-

**5-7 cups fresh spinach**

**1/2 cup fresh blueberries**

**1 grapefruit, peeled and diced**

**1/4 cup almonds, chopped**

**1/4 cup Gouda cheese, shredded**



## Directions:

- 1. In a small bowl, whisk together dressing ingredients until fully combined.**
- 2. Place salad ingredients in a large bowl.**
- 3. Pour dressing over salad mix and toss to lightly coat. Serve immediately.**