



Nutty Chocolate Chippers

Use natural peanut butter, without hydrogenated oil or added sugar. The oil in natural peanut butter usually separates and rises to the top of the jar if allowed to sit for any length of time. Mix this oil into the peanut butter. Do not pour it out. If you do, replace it with an equal amount of melted coconut oil. Maintaining the original fat content of the peanut butter produces the best results.

½ cup natural peanut butter
1 ¼ cups brown sugar or sucanat
4 eggs
½ tsp. vanilla
½ tsp. salt
2 cups nuts, chopped
1 cup sweet chocolate chips
2/3 cup sifted coconut flour

Mix together peanut butter, sugar, eggs, vanilla, and salt. Stir in nuts, chocolate chips, and coconut flour. Batter will be runny. Drop by the spoonful 2 inches apart on greased cookie sheet. Bake at 375 degrees F (190 C) for 13 to 14 minutes or until lightly browned. Cool slightly and remove from cookie sheet. Makes about 3 dozen cookies.

Reduced Sugar Nutty Chocolate Chippers

Make Nutty Chocolate Chippers according to directions but reduce sugar to ¾ cup and add ½ teaspoon of powdered stevia. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



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