

## NUTRITION: Lazza's Kitchen

### Peanut Cookies

Lazza is still trying out new recipes  
Today - he makes his first ever Peanut Cookies

Cookies appear to have their origins in 7th century AD Persia, shortly after the use of sugar became relatively common in the region. They spread to Europe through the Muslim conquest of Spain. By the 14th century, they were common in all levels of society throughout Europe, from royal cuisine to street vendors.



For some reason this recipe was in cups!!!!  
1 cup of Plain Flour + a spoon of baking powder  
½ cup of white granulated sugar  
½ cup of brown demerara sugar  
2 eggs  
Vanilla essence  
I used 125 g of unsalted softened butter  
Plus loads of peanuts (I had about 200g) and I used up leftover hazelnuts and coconuts too.

This is yet another very easy bake to make, which makes me wonder why I was always so nervous before.

First, cream the butter and sugar together until well blended.

Then add the vanilla essence and eggs and mix well.

Add the flour and baking powder and mix once more.

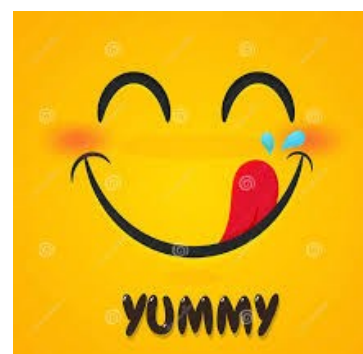
Then add your peanuts (and as I said, I also had some crushed hazelnuts and coconut left over so did that too).

Onto a baking tray (greased) add small balls squashed down (they will expand).

Bake at 180C for between 10-14 minutes.

Remove and let them cool.

Have a lovely munch!!!



Yes, they are huge.  
I didn't realise they would expand that much.  
But they are moist and crunchy at the same time, and very nutty.  
Absolutely delicious.

I will be handing them out to some of my friends, as I would eat them all.

During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.

Why not try out some new recipes and foods yourself?

This was a great and very tasty bake to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!