

Low FODMAP Peanut Butter Cookies

Irresistibly chewy peanut butter cookies that are completely gut-friendly! These classic treats prove you don't need to sacrifice flavor on a low FODMAP diet.

Prep: 45 min

Cook: 12 min

Total: 57 min

Servings: 24

Low FODMAP ✓

Ingredients

Use 100% peanuts with no added ingredients for best FODMAP safety 240g natural peanut butter (smooth or crunchy)

Regular white sugar is low FODMAP 200g granulated sugar

Adds moisture and deeper flavor 100g light brown sugar

Room temperature for easy mixing 115g lactose-free butter, softened

Eggs are low FODMAP and provide structure 2 large eggs, at room temperature

Pure vanilla is low FODMAP 2 teaspoons vanilla extract

Use a blend with xanthan gum already added 180g gluten-free all-purpose flour blend

Helps cookies spread and rise 1 teaspoon baking soda

Enhances the peanut butter flavor 1/2 teaspoon salt

Creates a sweet, sparkly exterior 60g granulated sugar for rolling

Instructions

Step 1: Prepare the Cookie Dough

(8 min)

In a large mixing bowl, cream together the softened lactose-free butter, peanut butter, granulated sugar, and brown sugar using an electric mixer on medium speed until light and fluffy, about 3-4 minutes. Add the eggs one at a time, beating well after each addition, then mix in the vanilla extract. The mixture should be smooth and well combined.

Step 2: Combine Dry Ingredients

(2 min)

In a separate medium bowl, whisk together the gluten-free flour, baking soda, and salt until evenly distributed. This ensures the leavening agent is spread throughout the flour, which helps the cookies rise uniformly.

Step 3: Form the Dough

(35 min)

Gradually add the dry ingredients to the wet ingredients, mixing on low speed until just combined. Be careful not to overmix, as this can make the cookies tough. The dough will be thick and slightly sticky. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes—this helps the cookies hold their shape during baking.

Step 4: Shape the Cookies

(10 min)

Preheat your oven to 175°C (350°F) and line two baking sheets with parchment paper. Place the rolling sugar in a shallow bowl. Scoop the chilled dough into tablespoon-sized portions and roll each into a smooth ball. Roll each ball in the sugar to coat completely, then place on the prepared baking sheets, spacing them about 5cm (2 inches) apart.

Step 5: Create the Classic Pattern

(5 min)

Using a fork, gently press down on each cookie ball to flatten it slightly, creating a crisscross pattern. Press once horizontally, then once vertically. This iconic pattern isn't just decorative—it helps the cookies bake evenly and creates those delicious crispy edges.

Step 6: Bake to Perfection

(12 min)

Bake the cookies for 10-12 minutes, until the edges are lightly golden and set but the centers still look slightly soft. They will continue to firm up as they cool. Don't overbake, or they'll become dry instead of chewy.

Step 7: Cool and Serve

(10 min)

Remove the baking sheets from the oven and let the cookies cool on the sheets for 5 minutes —this allows them to set properly. Then transfer them to a wire rack to cool completely. Store in an airtight container at room temperature for up to 5 days, or freeze for up to 3 months.