



If your autistic kiddo loves a good PB&J, then they will love this fun cookie recipe. They will also love practicing measuring ingredients and pressing their fingers into soft cookie dough.

INGREDIENTS:

- 1/2 cup oats
- 1 cup peanut butter
- 1/2 cup brown sugar
- 1/2 tsp baking soda
- 1/4 tsp salt
- Egg
- Jam of choice

PB & J Thumbprint Cookies

HOW TO MAKE:

1. Preheat the oven to 350 degrees and prepare a baking sheet with parchment paper.
2. Add your oats to a food processor and pulse until the oats turn into a flour consistency.
3. Assist your kiddo in adding the peanut butter, brown sugar, baking soda, salt, and egg to the processor. Pulse until a dough forms.
4. Scoop out the dough with a tablespoon and use your hands to gently roll into balls. Place them on your baking sheet, leaving space in between each dough ball.
5. Have your kiddo gently press the center of the dough ball with their thumb to create an indent. If the indent is too small, have them do another one across it.
6. Help your kiddo spoon about 1/4 teaspoon of jam to the center of each cookie. Then bake for 12 to 15 minutes and allow to cool before enjoying!
7. Note: If you do not have a food processor, add your oats to a blender to create oat flour. Then add the flour to a large bowl with the remaining ingredients and mix until well combined.