

How to Make the Best Peanut Butter Cookie Dough (No Eggs, Heat-Treated Flour)

? The Ultimate Edible Peanut Butter Cookie Dough (Safe, Easy, and Irresistible!)



TIME
10 min

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INGREDIENTS

Swaps and Notes:

Peanut Butter: While creamy is best for texture, you can use crunchy peanut butter if you like the extra bite. Avoid natural, oily peanut butter.

Sugar: You can use all brown sugar for a chewier, darker dough, or slightly reduce the overall sugar if you prefer it less sweet.

Mix-ins: Get creative! Instead of chocolate chips, try chopped Reese's Pieces, sprinkles, or even M&M's.

Making it Vegan: Use plant-based butter and a non-dairy milk (like almond or oat) to make this entirely vegan-friendly.

Directions:

Step 1: Heat-Treat the Flour (The Safety Step):

Spread the 1 ½ cups of all-purpose flour evenly on a microwave-safe plate.

Microwave on high for 60 to 90 seconds, stirring after 30 seconds. The goal is to reach an internal temperature of 160°F.

Alternatively, you can bake the flour on a baking sheet at 300°F for 5-7 minutes.

Allow the flour to cool completely before using it in the dough.

Step 2: Cream the Fats and Sugars:

Step 3: Add Wet Ingredients:

Step 4: Mix in Dry Ingredients:

Step 5: Fold in Mix-ins:

Step 6: Serve or Chill:

Tips for Success:

Butter Temperature Matters: Ensure your butter is truly softened, not melted. It should give slightly when pressed. This is key for the light, fluffy texture when you cream it with the sugars.

Cool the Flour Completely: Adding warm flour to the dough will melt your butter and create a greasy mess. Make sure it's fully cooled before moving to Step 4.

Don't Overmix: Once the flour is added, mix only until the dough comes together. Overmixing will develop the proteins in the flour, making the dough less tender.

Adjust Consistency: If your dough seems too dry (perhaps you live in a very dry climate), add a teaspoon of milk at a time until you reach your desired consistency.

Serving Suggestions and Pairings:

The Classic Scoop: Serve it in small bowls with a dollop of whipped cream and extra sprinkles.

Mix-In Master: Roll it into small balls and stir it into vanilla or chocolate ice cream for a homemade peanut butter dough ice cream.

Dip It: Serve it with apple slices, pretzels, or graham crackers for a fun, shareable snack.

Dessert Layer: Press it into a small pan and top with melted chocolate for a no-bake candy bar effect.

Nutritional Information (Per Serving):

Storage and Leftover Tips:

Refrigerate: Store the dough in an airtight container in the refrigerator for up to 1 week. It will firm up considerably when cold, so let it sit out for 10-15 minutes before serving for easy scooping.

Freeze: Roll the dough into tablespoon-sized balls and place them on a parchment-lined sheet pan. Freeze until solid, then transfer the dough balls to a freezer-safe bag or container. They will last for up to 3 months. Thaw for 10 minutes before eating.

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The best peanut butter brownies I've ever made (and I've made a lot)

These Chocolate Chip Cookie Dough Brownie Bombs are my favorite sweet obsession

These No-Bake Peanut Butter Oatmeal Bars are my favorite snack to keep on hand

These Old School No-Bake Cookies never fail me (and I've made them 100 times)

DIRECTIONS

1. Prep : Time: 10 minutes | Chill Time: 30 minutes (optional) | Total Time: 40 minutes
2. Step 1: Heat-Treat the Flour (The Safety Step): Do not skip this step! Raw flour can contain bacteria. To make it safe:
3. Spread the 1 ½ cups of all-purpose flour evenly on a microwave-safe plate.
4. Microwave on high for 60 to 90 seconds, stirring after 30 seconds. The goal is to reach an internal temperature of 160°F.
5. Alternatively, you can bake the flour on a baking sheet at 300°F for 5-7 minutes.
6. Allow the flour to cool completely before using it in the dough.
7. Step 2: Cream the Fats and Sugars: In a large bowl, use a hand mixer or stand mixer to cream together the peanut butter, softened butter, brown sugar, and granulated sugar until the mixture is light and fluffy. This usually takes about 2-3 minutes.
8. Step 3: Add Wet Ingredients: Add the milk and vanilla extract to the creamed mixture. Mix on low speed until everything is just well combined. Scrape down the sides of the bowl as needed.
9. Step 4: Mix in Dry Ingredients: Slowly mix in the cooled, heat-treated flour and salt until the dough just comes together. Be careful not to overmix, or the dough can become tough.
10. Step 5: Fold in Mix-ins: If you are using them, fold in the mini chocolate chips or any other mix-ins with a spatula.

11. **Step 6: Serve or Chill:** Enjoy immediately with a spoon! If you prefer a firmer texture for rolling into balls or using as a crust, chill the dough in the refrigerator for about 30 minutes.
12. **Tips for Success: Butter Temperature Matters:** Ensure your butter is truly softened, not melted. It should give slightly when pressed. This is key for the light, fluffy texture when you cream it with the sugars.
13. **Cool the : Flour Completely:** Adding warm flour to the dough will melt your butter and create a greasy mess. Make sure it's fully cooled before moving to Step 4.
14. **Don't : Overmix:** Once the flour is added, mix only until the dough comes together. Overmixing will develop the proteins in the flour, making the dough less tender.
15. **Adjust : Consistency:** If your dough seems too dry (perhaps you live in a very dry climate), add a teaspoon of milk at a time until you reach your desired consistency.
16. **Serving Suggestions and Pairings:** This peanut butter edible dough is a dessert unto itself, but it can be elevated!
17. **The : Classic Scoop:** Serve it in small bowls with a dollop of whipped cream and extra sprinkles.
18. **Mix-: In Master:** Roll it into small balls and stir it into vanilla or chocolate ice cream for a homemade peanut butter dough ice cream.
19. **Dip : It:** Serve it with apple slices, pretzels, or graham crackers for a fun, shareable snack.
20. **Dessert : Layer:** Press it into a small pan and top with melted chocolate for a no-bake candy bar effect.
21. **For a great pairing drink, nothing beats a tall glass of cold milk!** If you're feeling fancy, try my recipe for *The Slippery Drink* is my favorite sweet sipper for dessert-inspired vibes for a sweet, grown-up accompaniment.
22. **Nutritional Information (Per Serving):** Export to Sheets
23. **Storage and Leftover Tips:** This dough is fantastic for making ahead!
24. **Refrigerate:** Store the dough in an airtight container in the refrigerator for up to 1 week. It will firm up considerably when cold, so let it sit out for 10-15 minutes before serving for easy scooping.
25. **Freeze:** Roll the dough into tablespoon-sized balls and place them on a parchment-lined sheet pan. Freeze until solid, then transfer the dough balls to a freezer-safe bag or container. They will last for up to 3 months. Thaw for 10 minutes before eating.

SWAPS & NOTES

Creamy Peanut Butter 1 cup Classic creamy, not natural/runny.

Unsalted Butter, softened $\frac{1}{2}$ cup Room temperature is key for creaming.

Brown Sugar, packed $\frac{3}{4}$ cup Adds moisture and a deep molasses flavor.

Granulated Sugar ... cup For texture and sweetness balance.

TIPS FOR SUCCESS

Butter Temperature Matters: Ensure your butter is truly softened, not melted.

It should give slightly when pressed.

This is key for the light, fluffy texture when you cream it with the sugars.

Cool the Flour Completely: Adding warm flour to the dough will melt your butter and create a greasy mess.

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Original recipe: <https://chefmaniac.com/how-to-make-the-best-peanut-butter-cookie-dough-no-eggs-heat-treated-flour/>