

No Bake Oatmeal Chocolate Chip Cookies



You only need 3-4 ingredients and 10 minutes to whip up these healthy no bake oatmeal chocolate chip cookies! The perfect healthy snack! KIDS LOVE THEM !!

Prep Time 5 minute No Bake Time 10 minutes Servings
12 cookies

Adult note: Have all equipment and ingredients available on a clean work surface. The kids will be using their hands so expect it to be sticky and a bit messy. This is a very independent, low supervision, safe, recipe. Age recommendation 4 and up. You know the child best so use your judgment.

Equipment

- Plastic mixing bowl
- Fork
- Spatula
- Measuring cups
- Damp dish towel or paper towel
- Serving plate
- Peanut Butter Can substitute this for smooth almond butter, cashew butter, sunflower seed butter or tahini.
- Honey. Can substitute Keto Maple Syrup, maple syrup, agave nectar, To keep it sugar free use the Keto Maple Syrup
- Semi-Sweet Chocolate Chips. Can substitute Paleo/Vegan/GF or no chips at all
- Gluten-Free Rolled Oats. Can substitute large flake quinoa

Ingredients



- 1 ¼ cups gluten free rolled oats (You can use quick oats)
- 1/3 cup peanut butter
- 1/3 cup Honey
- ¼ cup chocolate chips



Instructions

1. In a large mixing bowl, add Oats, peanut butter, honey
2. Using your fork mix well
3. Using your hands, form 12 small balls and place on the plate.
4. Press each ball into a cookie shape and top with chocolate chips.
5. Refrigerate for at least 30 minutes to firm up.
6. Share and enjoy

Nutrition

Serving: 1 cookie | Calories: 140kcal | Carbohydrates: 19g | Protein: 4g | Fat: 6g | Sodium: 11mg | Potassium: 115mg | Fiber: 2g | Vitamin A: 5IU | Vitamin C: 5mg | Calcium: 51mg | Iron: 1mg | NET CARBS: 17g

Frequently asked questions:

Why did my no bake cookies not set up?

If you use a thicker peanut butter, you might find that you'll need to add some extra sweetener to form into balls. If your peanut butter is too drippy, you may need to add extra oats.

Storing your cookies

You can store the cookies at room temperature or in the fridge. Place the cookies in a sealable container, or keep them on the plate, covered in plastic wrap.

How long do no bake cookies keep? If stored at room temperature, they will keep for 3 days. If refrigerated, they will keep well for 7 days.

Can you freeze no bake oatmeal cookies? Easily freeze these no bake cookies to enjoy at a later time or for quick, grab-and-go snacks. Either wrap cookies individually in parchment paper and place in a ziplock bag, or place them all together in one ziplock bag (no parchment paper needed).

Frozen cookies will keep fresh for up to 6 months.

Thank you, Cooking with Launa