



No-Bake

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



30

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cocoa powder
- 0.5 cup milk
- 2.5 cups old fashioned rolled oats
- 0.5 cup peanut butter
- 2 cups sugar
- 1 stick butter unsalted
- 1 teaspoon vanilla extract pure

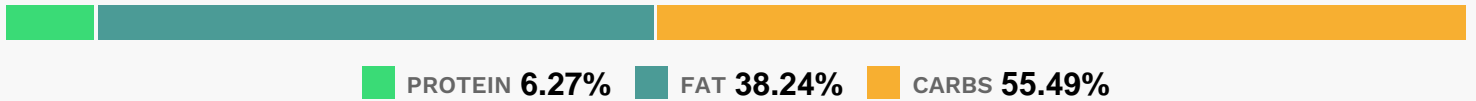
Equipment

- baking sheet
- sauce pan
- baking paper
- wax paper

Directions

- In a medium saucepan, combine the sugar, butter, cocoa, milk, and vanilla. Bring to a slow boil and simmer until the sugar is completely dissolved.
- Remove from the heat.
- Stir in the peanut butter and 2 1/2 cups oats. The mixture should be thick; stir in additional 1/2 cup oats if too runny.
- Let the mixture stand for about 10 minutes to cool.
- Line a baking sheet with wax paper or parchment paper. Drop the mixture by heaping tablespoonful onto the lined sheet.
- Let the cookies stand at room temperature for 1 hour to firm up. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:11.04, Inflammation Score:-2, Nutrition Score:3.0082608241102%

Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 134.62kcal (6.73%), Fat: 6g (9.23%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.33g (6.67%), Sugar: 14.06g (15.62%), Cholesterol: 8.59mg (2.86%), Sodium: 21.16mg (0.92%), Alcohol: 0.05g (100%), Alcohol %: 0.17% (100%), Protein: 2.21g (4.42%), Manganese: 0.35mg (17.31%), Magnesium: 21.94mg (5.48%), Phosphorus: 54.31mg (5.43%), Fiber: 1.24g (4.97%), Copper: 0.08mg (4.12%), Selenium: 2.46µg (3.52%), Vitamin E: 0.51mg (3.4%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.44mg (2.95%), Iron: 0.5mg (2.79%), Vitamin B1: 0.04mg (2.68%), Potassium: 70.7mg (2.02%), Vitamin A: 100.72IU (2.01%), Vitamin B2: 0.03mg (1.8%), Folate:

6.28µg (1.57%), Vitamin B6: 0.03mg (1.48%), Vitamin B5: 0.14mg (1.43%), Calcium: 12.9mg (1.29%)