



No Bake Almond Butter Oats Cookies

 Gluten Free

READY IN



25 min.

SERVINGS



60

CALORIES



75 kcal

Ingredients

- ☐ 0.5 cup almond butter
- ☐ 1 cup almonds chopped
- ☐ 0.5 cup butter (1 stick)
- ☐ 2.5 cups cooking oats quick
- ☐ 1 can condensed milk sweetened (14 oz/300 ml)
- ☐ 0.3 cup cocoa unsweetened

Equipment

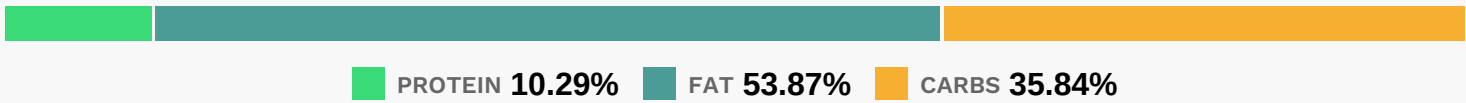
- ☐ baking sheet
- ☐ sauce pan

- ☐ whisk
- ☐ wax paper

Directions

- ☐ From left: Almonds, oats, condensed milk, almond butter, cocoa and butter
- ☐ In a medium saucepan over medium heat, melt butter.
- ☐ Stir in cocoa powder to the melted butter.
- ☐ Mix both cocoa powder and butter using a whisk. Bring mixture to a boil.
- ☐ Remove from heat.
- ☐ Add oats.
- ☐ Add the can of condensed milk.
- ☐ Add the chopped almonds.
- ☐ Add the almond butter.
- ☐ Line 2 baking sheets with a wax paper. I sprayed a half tablespoon with non stick cooking spray, scooped out the mixture and dropped onto the baking sheets. Chill 2 hours or until set. Store loosely covered in refrigerator.1
- ☐ You can either leave it as it is or shape them into balls. After about 30 minutes in the fridge, the mixture will be in the right texture to shape it. Put it back in the refrigerator for another 2 hours or until it firms up.

Nutrition Facts



Properties

Glycemic Index:2.27, Glycemic Load:3.5, Inflammation Score:-2, Nutrition Score:2.9491304735775%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg, Epicatechin: 0.95mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 75kcal (3.75%), Fat: 4.74g (7.29%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.09g (2.21%), Sugar: 3.84g (4.27%), Cholesterol: 2.24mg (0.75%), Sodium: 26.59mg (1.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Manganese: 0.26mg (13.14%), Vitamin E: 1.21mg (8.05%), Magnesium: 25.53mg (6.38%), Phosphorus: 58.16mg (5.82%), Vitamin B2: 0.08mg (4.71%), Fiber: 1.01g (4.03%), Copper: 0.08mg (3.78%), Calcium: 35.15mg (3.52%), Selenium: 2.34µg (3.34%), Zinc: 0.35mg (2.3%), Potassium: 77.69mg (2.22%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (2.03%), Vitamin A: 85.33IU (1.71%), Folate: 4.13µg (1.03%), Vitamin B3: 0.2mg (1.02%)