



No Bake Chocolate Oatmeal Cookies

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



24

CALORIES



92 kcal

DESSERT

Ingredients

- 1 teaspoon ground cinnamon
- 0.7 cup maple syrup
- 0.5 cup peanut butter
- 1 cup rolled oats
- 5 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

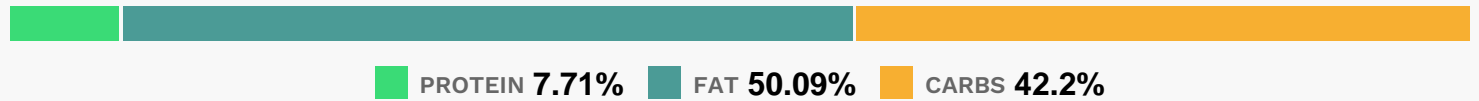
Equipment

sauce pan

Directions

- In a saucepan over medium heat combine the maple syrup, oil, cocoa and cinnamon. Boil for three minutes, stirring constantly.
- Remove from heat and stir in the peanut butter, rolled oats and vanilla until well blended. Drop by heaping spoonfuls onto waxed paper and chill to set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:3.11, Inflammation Score:-1, Nutrition Score:3.3552173998045%

Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 92.18kcal (4.61%), Fat: 5.38g (8.28%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 9.18g (3.34%), Sugar: 6g (6.66%), Cholesterol: 0mg (0%), Sodium: 24.31mg (1.06%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 1.86g (3.73%), Manganese: 0.46mg (23.1%), Vitamin B2: 0.13mg (7.75%), Magnesium: 20.89mg (5.22%), Vitamin E: 0.69mg (4.62%), Fiber: 1.03g (4.12%), Vitamin K: 4.31µg (4.11%), Phosphorus: 39.78mg (3.98%), Vitamin B3: 0.78mg (3.92%), Copper: 0.08mg (3.78%), Zinc: 0.39mg (2.63%), Potassium: 79.11mg (2.26%), Iron: 0.4mg (2.22%), Vitamin B1: 0.03mg (1.98%), Selenium: 1.35µg (1.93%), Calcium: 16.33mg (1.63%), Folate: 6.04µg (1.51%), Vitamin B6: 0.03mg (1.43%)