



## No Bake Cookies VI

 Vegetarian

READY IN



15 min.

SERVINGS



36

CALORIES



122 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 0.5 cup powdered chocolate drink mix
- 0.5 cup milk
- 0.5 cup peanut butter
- 3 cups rolled oats
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 2 cups sugar white

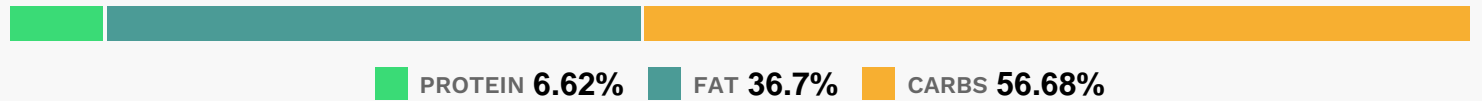
# Equipment

sauce pan

# Directions

- In a medium saucepan, over medium heat, combine the sugar, salt, butter and milk. Bring to a boil, then boil for 1 full minute.
- Remove from heat and stir in the peanut butter, oats, vanilla and chocolate drink mix. Drop by spoonfuls onto waxed paper.
- Let stand until completely cool. Have a wonderful day!!!

# Nutrition Facts



# Properties

Glycemic Index:5.89, Glycemic Load:9.46, Inflammation Score:-1, Nutrition Score:2.6600000234726%

# Nutrients (% of daily need)

Calories: 122.17kcal (6.11%), Fat: 5.14g (7.9%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 16.99g (6.18%), Sugar: 12.54g (13.93%), Cholesterol: 7.6mg (2.53%), Sodium: 76.79mg (3.34%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Protein: 2.08g (4.17%), Manganese: 0.3mg (15.14%), Phosphorus: 50.25mg (5.03%), Magnesium: 17.48mg (4.37%), Selenium: 2.55µg (3.64%), Fiber: 0.86g (3.42%), Vitamin B3: 0.65mg (3.24%), Vitamin B1: 0.05mg (3.12%), Vitamin E: 0.44mg (2.91%), Zinc: 0.37mg (2.48%), Vitamin B2: 0.04mg (2.43%), Copper: 0.05mg (2.29%), Iron: 0.37mg (2.04%), Potassium: 64.06mg (1.83%), Vitamin A: 88.17IU (1.76%), Vitamin B6: 0.03mg (1.6%), Calcium: 15.51mg (1.55%), Folate: 6.14µg (1.53%), Vitamin B5: 0.14mg (1.41%)