



WHATSheATE



No Bake Vegan Chocolate Cookies



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



84 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons cocoa
- ☐ 1 cup coconut or
- ☐ 1 stick butter
- ☐ 3 cups oats quick
- ☐ 1 teaspoon salt
- ☐ 0.5 cup soymilk
- ☐ 2 cups sugar
- ☐ 1 teaspoon vanilla

☐ 0.5 cup broken walnuts toasted

Equipment

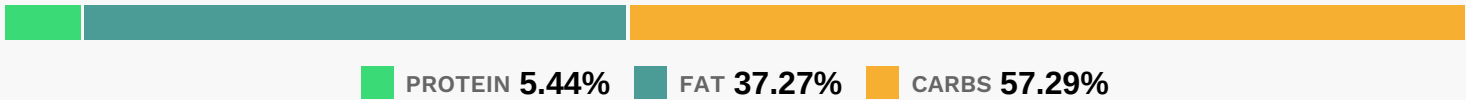
☐ sauce pan

☐ wax paper

Directions

- ☐ Wash hands. Put pieces of waxed paper on counter.
- ☐ Place sugar, milk, butter, cocoa and salt in a large saucepan and bring to a boil, stirring occasionally.
- ☐ Remove from heat; stir in oats, vanilla, nuts and coconut, if using. Drop batter from a teaspoon onto wax paper and let cool. Store in covered container.

Nutrition Facts



Properties

Glycemic Index:4.14, Glycemic Load:7.82, Inflammation Score:-2, Nutrition Score:2.4756521854712%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 83.92kcal (4.2%), Fat: 3.64g (5.6%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.71g (4.26%), Sugar: 8.61g (9.56%), Cholesterol: 0mg (0%), Sodium: 72.64mg (3.16%), Alcohol: 0.03g (100%), Alcohol %: 0.17% (100%), Protein: 1.19g (2.39%), Manganese: 0.28mg (14.14%), Magnesium: 20.39mg (5.1%), Vitamin E: 0.67mg (4.44%), Selenium: 2.78µg (3.97%), Phosphorus: 37.15mg (3.71%), Fiber: 0.87g (3.49%), Vitamin B1: 0.05mg (3.41%), Copper: 0.07mg (3.33%), Iron: 0.41mg (2.27%), Vitamin A: 94.57IU (1.89%), Zinc: 0.28mg (1.86%), Vitamin B6: 0.03mg (1.55%), Folate: 6.13µg (1.53%), Vitamin B3: 0.26mg (1.28%), Potassium: 42.58mg (1.22%), Vitamin B2: 0.02mg (1.15%)