

No Bake Chocolate Oatmeal Cookie



COOK TIME

20 mins

FREEZE TIME

10 mins



COURSE

Breakfast, Dessert, Snacks



SERVINGS

7

CALORIES

227 kcal

INGREDIENTS

- 1 cup medjool dates pitted
- 5 tbsp cocoa powder
- 1¼ tsp vanilla extract
- ½ tsp sea salt
- 1¾ c rolled oats
- ½ cup chocolate chips

INSTRUCTIONS

1. Cover a plate with parchment paper.
2. Ensure the dates are plump and sticky; if they're not, soak them in hot water for 15 minutes, then drain and proceed with the recipe.
3. Combine medjool dates, soymilk, vanilla extract, salt, and cocoa powder in a food processor. Process for 1-2 minutes or until the mixture is thick and smooth, scraping down the sides as necessary.
4. Transfer the date mixture to a large bowl. Add rolled oats and ¼ cup of vegan chocolate chips. Stir thoroughly until well combined.
5. With a large cookie or ice cream scoop, pack the mixture tightly to help it stick together, then roll into a ball and flatten halfway. This should yield seven large cookies.
6. Arrange the cookies on the prepared plate.
7. Melt the remaining ¼ cup of chocolate chips in the microwave for 30-45 seconds. Drizzle the melted chocolate over the cookies and freeze for 10 minutes before enjoying.
8. Wrap each cookie in parchment paper, place in Tupperware, and refrigerate.

NUTRITION

Nutrition Facts

No Bake Chocolate Oatmeal Cookie

Amount Per Serving

Calories 227 Calories from Fat 54

% Daily Value*	
Fat 6g	9%
Carbohydrates 49g	16%
Protein 5g	10%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!