

# 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**

<b>Calories</b>	227	Calories from Fat	54
<b>% Daily Value*</b>			
<b>Fat</b>	6g		9%
<b>Carbohydrates</b>	49g		16%
<b>Protein</b>	5g		10%

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



**Tried this recipe?**

Let us know how it was!