

## No-Bake Chocolate Fudge Cookies

Vegan, gluten-free, no bake/raw, nut-free, refined sugar-free, soy-free

By Angela Liddon

These no-bake fudge cookies are my quick and easy solution when a chocolate craving strikes! I start with a homemade coconut oil chocolate base (made even creamier with sunflower seed butter!), and add chia seeds for healthy Omega-3 fats, shredded coconut for a hint of macaroon flavor and texture, and of course rolled oats for the classic no-bake cookie ingredient. The cookies will soften a great deal at room temperature, so I recommend enjoying them straight from the fridge.

Yield 8 cookies	Freeze time 15 minutes	Prep Time 10 Minutes	Cook time 0 Minutes
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### Ingredients:

#### For the wet ingredients:

- 3 tablespoons (45 mL) virgin coconut oil
- 2 tablespoons (30 mL) sunflower seed butter\*
- 1/4 cup (20 g) unsweetened cocoa powder
- 1/4 cup (60 mL) pure maple syrup, or to taste
- 1 teaspoon pure vanilla extract

#### For the dry ingredients:

- 7 tablespoons (50 g) gluten-free rolled oats
- 6 tablespoons (35 g) unsweetened shredded coconut
- 2 tablespoons (25 g) chia seeds
- 1/8 teaspoon fine sea salt, or to taste

### Directions:

1. Line a large plate with parchment paper and set aside.
2. In a medium pot, melt the coconut oil over low heat. Whisk in the sunflower seed butter, cocoa powder, and maple syrup until smooth. Remove the pot from the heat and whisk in the vanilla.
3. Add the oats, coconut, chia seeds, and salt into the pot and stir well until combined. The mixture will be thick, dense, oily, and gel-like (from the chia seeds), but this is normal. *Swear.*
4. Using a retractable ice cream scoop (approximately 2 tablespoons/30 mL) or simply a spoon, scoop the dough and place the mound onto the plate, leaving a bit of space between each cookie.
5. Place the cookies in the freezer to set for about 10 to 15 minutes, until firm, or simply chill in the fridge if you have the patience.
6. Store leftover cookies in an airtight container in the fridge for 1 week, or freeze them for up to 4 to 6 weeks. These cookies have the best texture/flavour straight from the fridge (rather than the freezer) so I prefer to store them in the fridge.

### Tips:

\* Instead of sunflower seed butter, feel free to use natural peanut butter or almond butter. I also recommend stirring the nut or seed butter very well before measuring (if it has oil on the top) to avoid oily cookies.