

CHANGE ONE MEAL BONUS RECIPE!



Healthy No Bake Cookies

Healthy no bake cookies made with peanut butter, chocolate, and oatmeal. Soft and chewy cookies, without any of the guilt!

- 3/4 cup granulated sugar
- 1/3 cup non-fat milk (or any kind of milk, almond, or soy milk you like)
- 1/4 cup unsweetened cocoa powder
- 2 tablespoons unsalted butter
- 1/4 teaspoon salt
- 1/2 cup peanut butter, creamy or crunchy (if using natural peanut butter, ensure that it is well stirred and not oily)
- 1/3 cup well mashed very ripe banana (about 1 small banana)
- 1 teaspoon pure vanilla extract
- 3 cups quick-cooking oats*
- 1/2 cup chopped dark chocolate or chocolate chips

Line a large baking sheet with parchment paper or lightly spray with vegetable oil spray. Set aside.

In a small saucepan, combine the sugar, milk, cocoa powder, butter, and salt. Bring to a rapid boil and let boil for 1 minute, whisking constantly. Remove from heat and vigorously whisk in the peanut butter, banana, and vanilla extract until smooth and most of the banana lumps have disappeared. Stir in the oats. The mixture will be very thick.

With a small cookie scoop or spoon, drop heaping tablespoons of dough onto the prepared cookie sheet. Working quickly, gently flatten the mounds, then press the chopped chocolate pieces or chocolate chips on top as desired. Place in the refrigerator for 1 hour to allow the oats to soften and the flavors to meld.

Store leftover cookies in an airtight container in the refrigerator for up to 10 days or wrap tightly and freeze for up to 2 months.

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