




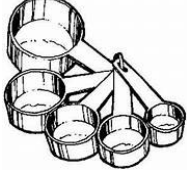



## 4 Ingredient No Bake Oatmeal Cookies

Makes 12 Servings; 1 cookie per serving

Nutrients Per Serving:





120 Calories | 8g Fat (?g Saturated) | 17g Carbohydrates | ?g Added Sugar | 7g Protein | 100 mg Sodium | 3g Fiber

### Equipment Needed

 <p>Plate</p>	 <p>Large mixing bowl</p>	 <p>Liquid measuring cup</p>	 <p>Dry measuring cups</p>
 <p>Mixing spoon</p>	 <p>Rubber spatula</p>	 <p>Parchment paper or wax paper</p>	



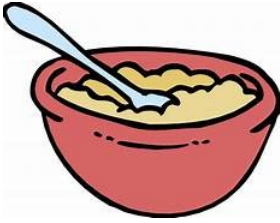



### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p>2 cups old fashioned oats or quick oats</p>	 <p>1 cup peanut butter or other nut butter</p>	 <p>1/3 cup Maple syrup</p>	 <p>1/4 cup chocolate chips</p>
--	--	---	--

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Place parchment paper on a plate and set aside.</p>	<p>3</p>  <p>In a large bowl mix 2 cups oats, 1 cup peanut butter or nut butter, 1/3 cup maple syrup, and 1/4 cup chocolate chips</p>	<p>4</p>  <p>Using your hands, form 12 small balls and place on the lined plate.</p>
<p>5</p>  <p>Press each ball into the shape of a cookie.</p>	<p>6</p>  <p>Place cookies into the refrigerator for at least 20 minutes before eating. Enjoy!</p> <p>Store leftovers in the refrigerator or freezer.</p>		