



NO BAKE PEANUT BUTTER OATMEAL COOKIES

MATERIALS:

- Whisk/Fork
- Measuring Spoons
- Measuring Cups
- Large Bowl
- Small Bowl
- Cookie Sheet/Baking Pan
- Foil/Wax paper/Parchment Paper

INGREDIENTS:

- 3/4 cups flour (whole wheat is available)
- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/3 cup maple/table syrup
- 1/4 cup applesauce
- 1 tsp vanilla extract
- 1/4 cup chocolate chips, raisins, or dried cranberries

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. In a medium bowl, whisk together the flour and oats.
2. In a large bowl, mix together peanut butter, maple/table syrup, applesauce, and vanilla.
3. Stir dry mixture (step 1) into the wet mixture (step 2) until well combined. Stir in chocolate chips/raisins/dried cranberries.
4. Scoop out two tablespoons of dough per cookie and roll into balls. Place onto a cookie sheet/baking pan lined with wax paper/foil/parchment paper.
5. Press cookie balls flat with a spoon to create a cookie shape.
6. Freeze or refrigerate for 1 hour to solidify.

Chef's Notes:

- Applesauce is a great replacement for oil in baked goods.
- Store at room temperature for 3-4 days.
- Store in freezer for up to 3 months.