



## CHOCOLATE NO BAKE COOKIES

### INGREDIENTS:

1 cup Natural Peanut butter ( no added oil or sugar)

1 cup rolled oats

¼ cup + 1 tablespoon pure maple syrup (not pancake syrup or can use honey or agave)

4 tablespoons cocoa powder

### INSTRUCTIONS:

1. Put Peanut butter and syrup or honey in a microwaveable bowl.
2. Microwave for 20 seconds and stir and another 20 seconds and stir.
3. Add in cocoa and stir well
4. Add in rolled oats and stir well
5. Scoop with cookie scoop or spoon and roll into a ball and slightly flatten
6. Will keep in fridge for a couple of weeks or in freezer for months as long as you don't eat them all.