



No-Bake Chocolate Oat Cookies

(Gluten Free/Vegan)



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Easy Eats Cooking Lessons



Unit 1: Safety

- Etiquette
- Hygiene
- Kitchen Safety
- Knife Safety

Unit 2: Appetizers

- Salads
- Soups
- Hot foods

Unit 3: Entrées

- Chicken
- Beef
- Pork
- Seafood
- Tofu

Unit 4: Desserts

- Cookies
- Pies
- Loafs
- Cake

Unit 4: Desserts



Cookies

- No-Bake Chocolate Oat
- Double Chocolate Chip
- Gingerbread snap

Pies

- Apple
- Pumpkin
- Chocolate cream



Loafs

- Blueberry Banana
- Lemon
- Apple Cinnamon



Cakes

- Angel food cake
- Chocolate layered cake
- Carrot Cake





Let me tell
you about
no-bake
cookies, Julia!

What are No-Bake Cookies?

Carl, what
are no-bake
cookies?



No-bake cookies are exactly what the name suggest they aren't baked in the oven

They don't include eggs

Include plant-based ingredients

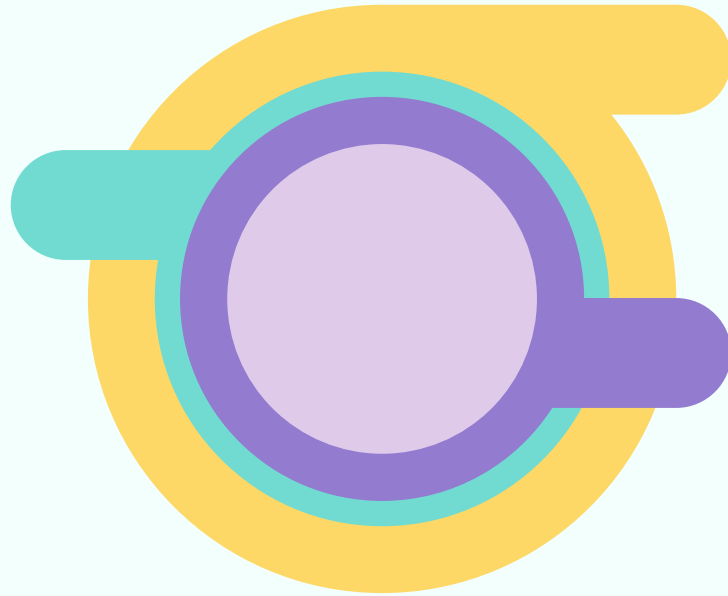
Why Make No-Bake Cookies?



Yum!

- They are quick and easy to make!
- Great alternative if you don't have access to an oven
- Can meal prep for the week
- Nutritious and delicious!

Nutritional Facts



64g Dietary Fat

- Coconut Oil

13g Whole Grain

- Oats

33.3g Protein

- Natural Peanut butter

Whole Grains



- Oats are a good source of fibre
- Aligns with Canada's food guide
- High fibre lowers risk of type 2 diabetes,

Protein



- Allows for the repair and growth of muscles, skin and nails
- Helps build enzymes and make hormones
- Follows the Canada food guide recommendation

Dietary Fat



- Coconut oil is a good source
- Dietary fats helps with absorption of nutrients
- Fat adds texture and flavour
- Healthy fats reduce the risk of heart disease

Chocolate Oat No-Bake Cookies



Ingredients

- $\frac{1}{2}$ cup of sugar
- $\frac{1}{2}$ cup of cocoa powder
- $\frac{1}{2}$ cup of dairy-free milk
- $\frac{1}{2}$ cup of coconut oil
- $\frac{1}{2}$ cup of natural peanut butter
- 1 tsp of vanilla
- 2 $\frac{1}{2}$ cup of oats



Materials

- Spatula
- Measuring cups (1 cup, $\frac{1}{2}$ cup, teaspoon)
- Medium pot
- Parchment paper
- Sifter

Serving- a dozen cookies
Preparation time- 10 mins
Duration- 1 hour 10 min

Directions



Step 1

Mix almond milk, cocoa powder, sugar and coconut oil over medium-high heat and bring to boil and boil for 2 minutes.

Step 2

Remove from heat and stir in the natural peanut butter and vanilla. Then, add oats and mix.

Step 3

Place of teaspoon size balls on baking sheet lined with wax paper.

Step 4

Let dough cool in refrigerator for 1 hour.

Tik Tok Video





Now
it's
your
turn!

