Makes 20 cookies Prep time: 10 minutes Chill time: 30 minutes





### **INGREDIENTS**

- 1 cup dry oatmeal (traditional or quick)
- 2/3 cup coconut flakes
- 1/2 cup nut butter
- 1/2 cup ground flax seeds
- 1/2 cup raisins
- 1/3 cup honey (or other liquid sweetener)

- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 teaspoon vanilla extract

## **DIRECTIONS**

- 1. Stir all ingredients together in bowl until well mixed.
- 2. Cover and refrigerate for 30 minutes.
- 3. Roll into balls.
- 4. Store in fridge for up to 1 week.

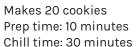
### **NOTES**

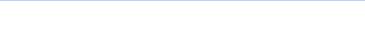
Sweet and satisfying: These quick, easy and delicious cookie dough balls go great with milk for dessert or snack. They not only satisfy the sweet tooth, but also provide:

- Complex carbohydrates for energy (from oats)
- Heart-healthy fats (from ground flax)
- Fiber to improve cholesterol and blood sugar (from oats, coconut, nut butter, flax and raisins)

Adapted from RunningOnRealFood.com

# No-Bake Oatmeal Raisin Cookies





# **INGREDIENTS**

- 1 cup dry oatmeal (traditional or quick)
- 2/3 cup coconut flakes
- 1/2 cup nut butter
- 1/2 cup ground flax seeds
- 1/2 cup raisins
- 1/3 cup honey (or other liquid sweetener)

- 1/8 teaspoon salt
- 1/8 teaspoon cinnamon
- 1 teaspoon vanilla extract

### **DIRECTIONS**

- Stir all ingredients together in bowl until well mixed.
- 2. Cover and refrigerate for 30 minutes.
- 3. Roll into balls.
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#### NOTES

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Greater Cleveland Food Bank

Adapted from RunningOnRealFood.com