

Cocoa-Nut Peanut Butter No-Bake Bites (cookies)

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Ingredients:

- 1/2 cup coconut oil, well softened
- 2/3 cup natural unsalted peanut butter, smooth or crunchy
almond butter can be substituted
- 1/2 cup raw honey, or more to taste
- 6 tablespoons dark cocoa powder
- 1 teaspoon vanilla extract
- 3/4 teaspoon sea salt
- 1 1/2 cup coconut flakes (unsweetened)
- 1 1/2 cup whole rolled oats (gluten free can be substituted)

Instructions:

1. Combine coconut oil, peanut butter, honey, cocoa powder, vanilla and sea salt in a bowl and mixer, and beat until well combined and smooth.
2. Add the coconut flakes and oats and beat until well incorporated and mixture forms a loose "dough".
3. Using a tablespoon (or melon baller), drop generous dollops (about 1.5" round) of dough into glass storage container or wax paper lined plastic container.
4. Cover container and chill for 30 minutes in freezer or 1 hour in refrigerator. (Cookies may leave an oily residue while still wet but this will harden when they are chilled.)
5. Serve cold.

Notes:

To reduce the sugar, replace honey with an equal amount of liquid inulin from chicory root. Inulin is a low-calorie, zero-carb soluble fiber that can be used as a mild sweetener.

Instead of placing dollops in a glass or plastic container, use the melon baller or tablespoon and drop dollops into a small silicon or tin cupcake container.

Keep in freezer until ready to serve. Remove from freezer and thaw prior to serving. Frozen cookies will remain in freezer for up to 1 month.

Serves about 20

Per Cookie

200 calories; 4g protein; 15g total fat; (10g sat fat); 15g carb; 0mg chol; 90mg sodium; 2g fiber; 8g sugar.



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