

A Kansas SNAP-Ed *EZ Does it* Recipe

No Bake Oatmeal Peanut Butter Cookies



Servings: 18

Ingredients:

- 1 cup sugar
- ¼ cup 1% milk
- ¼ cup margarine
- 2 tablespoons unsweetened cocoa powder (if you like)
- 1 teaspoon vanilla extract
- ¼ cup peanut butter
- 2 cups dry oats



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Put sugar, milk, and margarine in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper.
Chill for 1 hour.

Nutrition Facts: Each serving (2 cookies) provides 120 Calories, 5g Total Fat, 2g Saturated Fat, 15mg Sodium, 18g Total Carbohydrate, 1g Dietary Fiber, 2g Protein

