

No-Bake Oatmeal Raisin Cookies

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



**Greater Cleveland
Food Bank**

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

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