

# Healthy No-Bake Cookies

## Ingredients

- 1 cup dry PB2 Powdered Peanut Butter
- ½ cup water
- ¾ cup honey (for lower carb count use ½ cup)
- ½ cup light butter
- 2 teaspoons vanilla
- 3 cups quick oats
- 6 tablespoons cocoa powder (if using ½ cup honey, use 4-5 tbsp)



## Directions

- In a bowl, mix the PB2 with water until thoroughly combined and creamy. Transfer the mixture to a sauce pan. Add honey and butter to the sauce pan and warm gently on stove top on medium-low heat until well mixed.

(If you're using raw honey, you'll want to be careful to warm it only until the butter melts and the PB2 softens. No reason to heat the life out of your honey!)

- Next, add in the vanilla and cocoa, and stir well.
- Remove from heat and add oats, stirring well until the oats are completely incorporated.
- Drop by the spoonful onto a parchment paper-lined plate or baking sheet and let cool in the refrigerator for 30 minutes. Store in an airtight container in the refrigerator – if they last that long.

Enjoy!

## Nutrition Information:

### (¾ Cup Honey)

<b>12 Servings</b>	<b>18 Servings</b>	<b>24 Servings</b>	<b>30 Servings</b>
225 calories	150 calories	115 calories	90 calories
7 g protein	5 g protein	3 g protein	3 g protein
36 g carbohydrate	24 g carbohydrate	18 g carbohydrate	14 g carbohydrate
8 g fat	5 g fat	4 g fat	3 g fat
4 g saturated fat	2 g saturated fat	2 g saturated fat	1 g saturated fat

### ½ Cup Honey and 4-5 tbsp cocoa powder

<b>12 Servings</b>	<b>18 Servings</b>	<b>24 Servings</b>	<b>30 Servings</b>
205 calories	135 calories	100 calories	80 calories
7 g protein	5 g protein	3 g protein	3 g protein
30 g carbohydrate	20 g carbohydrate	15 g carbohydrate	12 g carbohydrate
8 g fat	5 g fat	4 g fat	3 g fat
4 g saturated fat	2 g saturated fat	2 g saturated fat	1 g saturated fat

