

# Sobeys Dietitians

## No Bake Cookies

Serves 15

### Ingredients:

3 tbsp	45 ml	Skim milk
1/3 cup	75 ml	Sugar
1 tbsp	15 ml	Cocoa
2 tsp	10 ml	Vanilla
1/3 cup	75 ml	Soy nut butter
2 tbsp	30 ml	Flax meal
1 cup	250 ml	Quick oats

### Directions:

1. Prepare a cookie sheet by lining with parchment paper.
2. Heat milk, sugar and cocoa over high heat until blended. Reduce heat to medium and add vanilla and soy nut butter.
3. Add flax and oats and stir until blended.
4. Remove from heat and drop by a tablespoon on cookie sheet.
5. Put in the fridge until set.

### Nutrition Information per Serving:

Calories	88
Fat	3 grams
Carbohydrate	13 grams
Fibre	2 grams
Protein	3 grams
Sodium	21 milligrams

**Tip: Try this easy recipe as a nut free snack. Replace flax with wheat germ for a change.**

**Source: Sobeys Customer**