

Chocolate No-Bake Cookies

Easy enough for beginning chefs!

40 cookies

Ingredients:

- 1 1/2 cups sugar
- 6 tablespoons unsweetened cocoa powder
- 1/2 cup evaporated milk (canned)
- 1/4 cup margarine
- 3 cups quick-cooking rolled oats
- 1 cup shredded coconut (optional)

Directions:

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.
2. Remove pan from heat and stir in oats and coconut until well blended.
3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Nutrition Facts: One cookie provides 70 calories, 1.5g total fat, 0mg cholesterol, 15mg sodium, 12g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Chocolate No-Bake Cookies
Banana
Low Fat Milk

Chocolate No-Bake Cookies

Easy enough for beginning chefs!

40 cookies

Ingredients:

- 1 1/2 cups sugar
- 6 tablespoons unsweetened cocoa powder
- 1/2 cup evaporated milk (canned)
- 1/4 cup margarine
- 3 cups quick-cooking rolled oats
- 1 cup shredded coconut (optional)

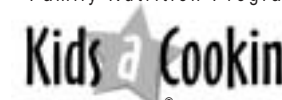
Directions:

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.
2. Remove pan from heat and stir in oats and coconut until well blended.
3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Nutrition Facts: One cookie provides 70 calories, 1.5g total fat, 0mg cholesterol, 15mg sodium, 12g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Chocolate No-Bake Cookies
Banana
Low Fat Milk

Chocolate No-Bake Cookies

Easy enough for beginning chefs!

40 cookies

Ingredients:

- 1 1/2 cups sugar
- 6 tablespoons unsweetened cocoa powder
- 1/2 cup evaporated milk (canned)
- 1/4 cup margarine
- 3 cups quick-cooking rolled oats
- 1 cup shredded coconut (optional)

Directions:

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.
2. Remove pan from heat and stir in oats and coconut until well blended.
3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Nutrition Facts: One cookie provides 70 calories, 1.5g total fat, 0mg cholesterol, 15mg sodium, 12g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Chocolate No-Bake Cookies
Banana
Low Fat Milk

Chocolate No-Bake Cookies

Easy enough for beginning chefs!

40 cookies

Ingredients:

- 1 1/2 cups sugar
- 6 tablespoons unsweetened cocoa powder
- 1/2 cup evaporated milk (canned)
- 1/4 cup margarine
- 3 cups quick-cooking rolled oats
- 1 cup shredded coconut (optional)

Directions:

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.
2. Remove pan from heat and stir in oats and coconut until well blended.
3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Nutrition Facts: One cookie provides 70 calories, 1.5g total fat, 0mg cholesterol, 15mg sodium, 12g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Chocolate No-Bake Cookies
Banana
Low Fat Milk