

No-Bake Chocolate Chia Cookies



Everest

These no-bake cookies are rich, chewy, slightly nutty, and essentially healthy. They even manage to sneak in some superfoods and plant-based protein. That makes them a snack you can feel *really* good about.



PREP TIME
10 mins

CHILL TIME
25 mins

TOTAL TIME
35 mins



COURSE
Dessert



SERVINGS
12 Cookies

CALORIES
135 kcal

INGREDIENTS

- 1/2 cup almond butter (or peanut butter) unsweetened
- 1/3 cup maple syrup
- 1/4 cup almond milk unsweetened
- 1/4 cup cocoa powder unsweetened
- 1/2 tsp vanilla extract
- 1/8 tsp sea salt
- 1 scoop plant-based chocolate chip or vanilla protein powder
- 2 tbsp chia seeds
- 1 1/2 cups rolled oats (use certified gluten-free if needed)
- 2 tbsp dairy-free chocolate chips optional
- 2 tbsp chopped walnuts optional

INSTRUCTIONS

1. Step 1: Make the base

In a medium saucepan over medium heat, combine almond butter, maple syrup, and almond milk. Stir constantly until everything melts together, about 2–3 minutes.

2. Step 2: Add flavor and superfoods

Remove from heat. Stir in cocoa powder, vanilla extract, salt, and protein powder. Mix until smooth.

3. Step 3: Stir in the dry ingredients

Add chia seeds and oats, and stir until the mixture is thick and evenly combined. If using chocolate chips or walnuts, fold them in now.

4. Step 4: Shape and set

Scoop tablespoon-sized mounds onto a parchment-lined tray. Flatten slightly with the back of your spoon. Place the tray in the fridge for 20–30 minutes to set.

Store leftovers in the fridge for up to a week, or freeze for a month.

NOTES

Estimated Nutritional Facts (Per Cookie)**

Based on 1 cookie (out of 12), using almond butter and chocolate plant protein

- **Calories:** 135
- **Protein:** 5g
- **Fat:** 7g
- **Carbs:** 12g
- **Sugar:** 5g
- **Fiber:** 3g
- **Omega-3s (ALA):** ~1500mg from chia seeds

