

# 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

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### 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

