

Microwave No-Bake Cookies

By Northern_Reflectionz on September 21, 2005

★★★★☆ 2 Reviews



Prep Time: 5 mins **Total Time:** 10 mins **Yield:** 4 dozen

About This Recipe

"very quick to prepare"

Ingredients

- 1 cup sugar
- 1/4 cup milk
- 2 tablespoons cocoa
- 1/4 cup butter
- 1/4 cup peanut butter
- 1 1/2 cups quick oats
- 1/2 teaspoon vanilla

Directions

1. Combine sugar, milk, cocoa, butter and vanilla in a microwaveable bowl.
2. Microwave until mixture boils.
3. Cook 1 minute.
4. Remove.
5. Add peanut butter and quick oats.
6. Drop by Tablespoonsfuls onto wax paper til set.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (516 g)		Total Fat 22.4g	34%
Servings Per Recipe: 1		Saturated Fat 9.8g	49%
Amount Per Serving	% Daily Value	Cholesterol 32.6mg	10%
Calories 524.1		Sugars 52.0 g	
Calories from Fat 202	38%	Sodium 165.0mg	6%
		Total Carbohydrate 75.7g	25%
		Dietary Fiber 4.8g	19%
		Sugars 52.0 g	208%
		Protein 10.0g	20%

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Homemade No-Bake Protein Bars

Ingredients

- 4 1/2 cups (400g) uncooked oatmeal (quick oats)
- 1 1/3 cups (340g) peanut butter
- 1 cup (250ml) coconut cream or milk
- 5 scoops (150g) whey vanilla protein powder



Instructions

- 1 Open a pack or a can of coconut cream. Whisk until the mixture is smooth.
- 2 Add vanilla whey protein powder and whisk until the mixture becomes smooth.
- 3 Add peanut butter and mix everything together with a spoon.
- 4 Add uncooked oatmeal and mix well. You may need to use your hands at this point.
- 5 Flatten the mix in a dish.
- 6 Chill in the fridge overnight (or minimum 2hrs) then cut into 12 or 16 bars.

Nutrition Facts

12 bars / size per bar 95g
380 Calories per bar
22g protein
22g fat
29g carbohydrates

14 bars / size per bar 82g
330 Calories per bar
19g protein
18g fat
25g carbohydrates

16 bars / size per bar 70g
290 Calories per bar
16g protein
16g fat
22g carbohydrates

NOTES

Protein bars are actually really easy to make on a budget. You just need four basic ingredients: oatmeal, nut butter, cream and protein powder. That's it - you combine all four, chill overnight and slice into bars. It works out a lot cheaper than buying readymade and it's a lot healthier, too.

You can use these bars for breakfast or as a snack, depending on how you slice them. They are ideal pre-workout (sessions 1hr+) and post workout (if you are trying to gain weight and put on muscle) snacks. It's also an easy way to eat more quality food if you are really skinny and you need to bulk up. If you are trying to lose weight, one of these bars in the morning will help you cut back on snacking during the day keeping you fuller longer.

One batch can last you up to two weeks and should be always kept chilled in the fridge. You can use any milk or cream for the recipe but coconut cream works best. You can buy it in any local supermarket in the Asian foods section, it comes in tins and packets, consistency may vary from brand to brand. Coconut cream and milk are often the same thing, just have different labels. You want to find one with the consistency of cooking cream but not as thick as butter.

We use peanut butter for the recipe because it's the cheapest option. You can use any other butter, coconut or almond butters for example. You can use seed butters if you have a nut allergy. If you have no peanut butter in your country, you can make your own – we've got a **recipe here**.

This recipe is based on protein powder. We use it, again, because it's cheap. It raises the protein content of the bars and it adds flavour. We use vanilla but you can use any type of protein powder you want as long as it has a flavour – if you use plain protein powder, your bars will come out plain. You can find a **no-power protein bar recipe here**.

If you are not a fan of protein powder or are not comfortable using it, you can still make the bars using this recipe here. You'll just need to add extra flavour to the bars but they'll still come out just as tasty (we use honey for sweetness).

Quick tip: use disposable gloves in the last stage of mixing (when you add oatmeal) – it'll make the process faster and less tedious. Foil or baking paper can be used for the pan lining. We often cover the bars with baking paper as well to prevent them from drying out.

NO-Bake 3-Ingredient Cheerios™ Bar

Ingredients

- 3 tablespoons butter or margarine
- 1 bag (10.5 oz) miniature marshmallows (6 cups)
- 5 cups Cheerios™ cereal



Directions

- 1** Spray bottom and sides of 13x9-inch pan with cooking spray. In large microwavable bowl, microwave butter and marshmallows uncovered on High about 2 minutes, stirring after each minute, until mixture is smooth. Remove from microwave.
- 2** Immediately stir in cereal until evenly coated. Pour cereal mixture into pan. With buttered back of a spoon, press mixture in pan until even. Cool at least 10 minutes.
- 3** With table knife, cut cereal mixture into 6 rows by 4 rows to make 24 bars. Store in loosely covered container.

Nutrition Information

Serving Size: 1 Bar Calories 80 (Calories from Fat15),

Total Fat1 1/2g (Saturated Fat1g, Trans Fat0g),

Cholesterol0mg Sodium40mg Total Carbohydrate15g (Dietary Fiber3g Sugars7g),

Protein0g ; %

Daily Value*:

Vitamin A0%;	Vitamin C0%;	Calcium2%;	Iron6%;
Exchanges:0	Starch; 0	Fruit; 1	Other Carbohydrate; 0
Skim Milk; 0	Low-Fat Milk; 0	Milk; 0	Vegetable; 0
Very Lean Meat; 0	Lean Meat; 0	High-Fat Meat;	1/2 Fat;

Carbohydrate Choices:1

*Percent Daily Values are based on a 2,000 calorie diet

COMMENTS:

COOKA: mom:...add 1/2 cup of creamy or crunchy peanut butter at the same time you are melting the margarine/ butter and marshmallows. You can also add chocolate chips at the same time you're adding the cherrios. You can even drizzle melted chocolate on top, or carmel topping. This is a no fail recipe for any cook to play around with and find you families favorite combination. Another tip, line your pan with no stick foil or parchment paper for a no clean up pan.

JMARSHAW: These are so quick and easy- I add a few chocolate chips just before I spread it in pan- also this time I added some pumpkin seeds for extra protein! Big hit in our family!!