Chocolate No-Bake Cookies

Easy enough for beginning chefs!

Level: Easy
Makes: 40

Ingredients:
- 1 ½ cups sugar
- 6 tablespoons unsweetened cocoa powder
- ½ cup evaporated milk (canned)
- ¼ cup margarine
- 3 cups quick-cooking rolled oats
- 1 cup shredded coconut (optional)

Directions:
Remember to wash your hands!

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.

Helpful Hints: This cookie recipe is easy enough for beginning chefs. Have all the ingredients premeasured and ready to add to the pan. Keep stirring the mixture in the pan on the stovetop so the ingredients won’t burn. Stir in the oats and coconut, then use 2 tablespoons or a cookie scoop to drop cookies onto a baking sheet lined with wax paper. This makes it easy to put the cookies in the refrigerator to cool.

Safety Tip: Tie back long hair, pull up your sleeves, wash your hands and get ready to cook! Be familiar with the stove top controls and don’t reach across a hot burner. When you take the pan off the burner, set it on a hot pad on the counter before adding the oats and coconut. Remember to turn off the burner when done.

Chef’s Choice
Chocolate No-Bake Cookies
Banana
Low fat milk

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cookie (19g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>71</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1 gram</td>
</tr>
<tr>
<td>Sugars</td>
<td>8g</td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
</tr>
</tbody>
</table>

Vitamin A 2% • Vitamin C 0%
Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Calories: 2,000 - 2,500
Total Fat: Less than 65g
Saturated Fat: Less than 20g
Cholesterol: Less than 300mg
Sodium: Less than 2,400mg
Total Carbohydrate: 300g
Dietary Fiber: 25g
Calories from fat 10% - 20%

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.