

Chocolate No-Bake Cookies

Easy enough for beginning chefs!



Level: Easy

Makes: 40

Kids' Tool Kit

Medium

size pan

Knife

Hot pad

Wooden spoon

Measuring spoons

Measuring cups

Tablespoons or

cookie scoop

Wax paper

Baking sheet



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:

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.

Chef's Choice

Chocolate No-Bake

Cookies

Banana

Low fat milk



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.

Nutrition Facts

Serving Size 1 cookie (19g)
Servings Per Container 40

Amount Per Serving
Calories 70 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 3%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 12g 4%

Dietary Fiber less than 1 gram 3%

Sugars 8g

Protein 1g

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 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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.