

Choco Fever Dream

Healthy No Bake Cookie Dough Bars

15 min Prep time	**15 min** Total time	**12** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Cookie Dough Base

- [ ] 2 cups rolled oats
- [ ] 1 cup Medjool dates, pitted
- [ ] ½ cup almond butter
- [ ] ¼ cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Optional Add-Ins

- [ ] ¼ cup chopped walnuts
- [ ] ¼ cup dried cranberries
- [ ] 2 tbsp dark chocolate chips

Instructions

1. Soak the pitted dates in warm water for 5 minutes, then drain.
2. In a food processor, blend the softened dates, almond butter, maple syrup, vanilla, and lemon zest until smooth.
3. Add rolled oats and optional add-ins; pulse just until everything is combined, preserving a bit of oat texture.
4. Press the mixture firmly into a parchment-lined 8×8 inch pan; drizzle a little extra maple syrup on top if desired.
5. Refrigerate for at least 30 minutes, then cut into bars and enjoy.

Nutrition per serving

180 kcal	5 g	24 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the mixture feels crumbly, add a teaspoon of almond milk at a time.
- For a richer flavor, toast the oats lightly before mixing.
- The bars can be frozen; thaw in the fridge before serving.