

## Thunder Athletics Edition



CONCORDIA  
UNIVERSITY  
OF EDMONTON | Wellness



# COOKING

*at CNE*

With Guest Chef Denae Michie,  
Women's Soccer

Tegler 12-1 pm

March 14

No Bake Breakfast Bars

Come try  
some samples!

## **No Bake Breakfast Cookies**

This recipe makes **8 servings**.

This recipe includes **peanut butter and various nuts**, however nut free substitutions may be made.

### **Ingredients**

3/4 cup of creamy peanut butter

2 to 4 tablespoons of honey

1 teaspoon vanilla extract

1 to 3 tablespoons of chia seeds

3/4 cup of old fashioned oats

### **Optional mixins:**

1/4 cup of mini chocolate chips

Chopped almonds

Raisins

Pumpkin seeds

Protein powder

Flaxseeds

### **Instructions:**

1. Place the peanut butter, honey, and vanilla in a microwaveable bowl and microwave the ingredients for 20 seconds.  
Taste and add more honey or vanilla to reach your desired taste.
2. Stir the mixture until well combined, then add in the remaining ingredients (and any extra mix-ins).  
Stir well and ensure everything is well incorporated.  
Taste and add any extras if desired.  
If it's too runny, add more oats.  
If it's too dry, add more honey and peanut butter.
3. Roll the mixture into 8 balls and place the balls on a baking tray lined with parchment paper.  
Press the balls flat slightly and add extra desired toppings.  
Place them in the fridge or freezer until set.
4. Take out a few minutes before serving.  
Serve and enjoy!

### **Freezer instructions:**

Place on a small baking tray and then place in the freezer for 30 minutes to 1 hour until hard to par freeze.

Stack the cookies in a freezer container or ziplock bag for up to 3 months.