

Plate Dream

No Bake Cookie Dough Bars – Healthy Vegan & Gluten-Free

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

Ingredients

Base

- [ ] 2 cups gluten-free rolled oats
- [ ] 1 cup almond butter
- [ ] 1/3 cup pure maple syrup
- [ ] 2 tbsp coconut oil, melted
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest
- [ ] Pinch of sea salt

Add-ins

- [ ] 1/2 cup vegan chocolate chips
- [ ] 2 tbsp shredded coconut (optional)

Instructions

1. In a large bowl, combine the oats, almond butter, maple syrup, and melted coconut oil; stir until the mixture is uniform and slightly sticky.
2. Add vanilla extract, lemon zest, and sea salt; give it another gentle mix, letting the aroma fill the kitchen.
3. Fold in the vegan chocolate chips (and optional coconut) just enough to distribute them without melting.
4. Press the dough firmly into a parchment-lined 8×8-inch pan; smooth the top with the back of a spoon.
5. Refrigerate for at least 30 minutes, then cut into 12 bars and serve.

Nutrition per serving

210 kcal	5 g	22 g	12 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the mixture feels too dry, drizzle a little extra maple syrup.
> - For a richer flavor, toast the oats lightly before mixing.
> - You can drizzle a thin layer of melted dark chocolate over the top before chilling for extra decadence.