



Long Livo

No Bake Cookie Dough Bars – Healthy Gluten-Free Vegan

15 min
Prep time

Easy
Difficulty

15 min
Total time

American
Cuisine

8
Servings

Dessert
Course

Ingredients

Main Ingredients

- ☐ 1 ½ cups gluten-free rolled oats
- ☐ ½ cup almond butter
- ☐ ¼ cup pure maple syrup
- ☐ 1 tsp vanilla extract

- ☐ 1 tsp lemon zest
- ☐ ½ cup vegan dark chocolate chips

Optional Add-Ins

- ☐ 2 tbsp toasted shredded coconut
- ☐ ¼ cup chopped walnuts (optional for extra crunch)

Instructions

- 1 Line an 8×8-inch pan with parchment paper; set aside.
- 2 In a saucepan over low heat, melt the almond butter with maple syrup, stirring until smooth; remove from heat.
- 3 Stir in vanilla extract, lemon zest, and chocolate chips until the chips begin to soften.
- 4 Fold in the rolled oats (and any optional add-ins) until everything is evenly coated.
- 5 Press the mixture firmly into the prepared pan, smoothing the top with a spatula.
- 6 Refrigerate for at least 30 minutes; then lift out using the parchment and cut into bars.

Nutrition per serving

210 kcal
Calories

5 g
Protein

20 g
Carbs

14 g
Fat

Tips & notes

- If the mixture feels too dry, add a teaspoon of almond milk.
- For a chewier texture, let the bars chill longer—up to overnight works well.
- Pressing firmly prevents crumbling when slicing.