

## 3-Ingredient Date Cookies (No Sugar, No Guilt!)

- blended into flour for a hearty base



**OVEN**  
**350°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 1/2 cups rolled oats - blended into flour for a hearty base
- 1/2 cup natural peanut butter - smooth and unsweetened
- 1 1/2 cups pitted dates - for natural sweetness
- 1/2 cup water - to soften the dates

### DIRECTIONS

- 1. Preheat & Prep:** Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2. Soften the Dates:** Simmer pitted dates in 1/2 cup boiling water for about 10 minutes, until soft and sticky.
- 3. Make Oat Flour:** While dates soften, blend rolled oats into a fine flour using a blender or food processor.
- 4. Mix Base Dough:** In a bowl, combine oat flour and peanut butter. Stir until well incorporated.
- 5. Blend Date Paste:** Blend softened dates with their water into a thick, smooth paste. Stir this into your oat-peanut mixture.
- 6. Shape the Cookies:** Roll dough into 1-inch balls and place on baking sheet. Flatten each one gently with a fork.
- 7. Bake:** Bake for 10-12 minutes, until the bottoms are golden and the cookies hold their shape.
- 8. Cool & Enjoy:** Let cookies cool for 10 minutes on the pan, then transfer to a wire rack to cool completely.

### SWAPS & NOTES

Swap peanut butter for sunflower seed butter.  
Add cinnamon, vanilla extract, or a pinch of salt.

Mix in a handful of mini chocolate chips or chopped nuts.  
Preheat & Prep Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper. 2.

### TIPS FOR SUCCESS

Use soft dates like Medjool for best results.  
If using firmer varieties, soak a bit longer.

Don't overbake -they firm up as they cool.

Freeze the extras for grab-and-go snacks later!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/3-ingredient-date-cookies-no-sugar-no-guilt/>