

Easy 5-Ingredient Peanut Butter Oatmeal Chocolate Chip Cookies

5-Ingredient Peanut Butter Oatmeal Chocolate Chip Cookies: The Ultimate Flourless Treat



OVEN
350°F

TIME
12 min

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INGREDIENTS

Peanut Butter: 1 cup (Creamy works best for texture, but crunchy adds a nice pop!)

Rolled Oats: 2 cups (Old-fashioned oats provide the best chew)

Eggs: 2 large

Honey or Maple Syrup: 1/2 cup (Natural sweeteners keep them soft)

Chocolate Chips: 1/2 cup (Semi-sweet or dark chocolate)

Swaps and Notes:

The Peanut Butter: If you use natural peanut butter (the kind you have to stir), make sure it is well-mixed. If the dough feels too oily, add an extra 1/4 cup of oats.

Nut-Free: You can swap the peanut butter for sunflower seed butter for a school-safe version.

Vegan Option: While the original calls for eggs, a "flax egg" (1 tbsp flax meal + 3 tbsp water per egg) can work, though the cookies will be slightly more crumbly.

The Oats: Ensure you use certified gluten-free oats if you are baking for someone with a gluten sensitivity.

Step-by-Step Instructions:

1. Preheat and Prep:

2. Combine the Wet Ingredients:

3. Fold in the Dry Ingredients:

4. The Chocolate Finish:

5. Scoop and Shape:

6. Bake to Golden Perfection:

7. Cool Down:

Tips for Success:

Don't Overbake: These cookies are meant to be chewy. If you leave them in too long, the peanut butter can become dry and crumbly.

Add a Pinch of Salt: If your peanut butter is unsalted, add a tiny pinch of sea salt to the batter to make the chocolate flavor pop.

Chill the Dough: If you have the time, letting the dough sit in the fridge for 30 minutes before baking helps the oats hydrate, leading to an even better texture.

Serving Suggestions and Pairings:

Nutritional Information (Per Cookie):

Calories: 165 kcal

Total Fat: 9g

Carbohydrates: 18g

Protein: 5g

Sugar: 9g (Note: Based on approximately 15 cookies per batch.)

Storage and Leftover Tips:

More Recipes You Will Love:

Crockpot Nacho Dip - The ultimate party starter.

Mexican Chicken and Rice Casserole - My go-to weeknight dinner.

Sheet Pan Quesadillas - Simple, fast, and delicious.

Final Thoughts:

DIRECTIONS

- 1. Preheat and Prep:** Preheat your oven to 350°F (175°C). Line a large baking sheet with parchment paper or a silicone baking mat to prevent sticking.
- 2. Combine the Wet Ingredients:** In a large mixing bowl, whisk together the peanut butter, eggs, and honey (or maple syrup) until the mixture is smooth and completely combined.
- 3. Fold in the Dry Ingredients:** Add the rolled oats to the bowl. Using a spatula or wooden spoon, fold the oats into the peanut butter mixture until all the oats are coated.
- 4. The Chocolate Finish:** Gently stir in the chocolate chips. At this point, the "dough" will be thick and slightly sticky-that's exactly what you want!
- 5. Scoop and Shape:** Using a cookie scoop or a tablespoon, drop rounded mounds of dough onto your prepared baking sheet. Since these cookies don't contain flour or butter, they won't spread much. Use the back of a spoon to gently press them down into your desired cookie shape.
- 6. Bake to Golden Perfection:** Bake for 10-12 minutes. The edges should be just starting to turn a light golden brown. They will look very soft when you pull them out-don't overbake them!
- 7. Cool Down:** Let the cookies rest on the baking sheet for at least 5 minutes. This allows them to "set" so they don't fall apart when you pick them up. Transfer to a wire rack to cool completely.
- 8. Tips for Success:** **Don't Overbake:** These cookies are meant to be chewy. If you leave them in too long, the peanut butter can become dry and crumbly.

9. **Add a : Pinch of Salt:** If your peanut butter is unsalted, add a tiny pinch of sea salt to the batter to make the chocolate flavor pop.
10. **Chill the : Dough:** If you have the time, letting the dough sit in the fridge for 30 minutes before baking helps the oats hydrate, leading to an even better texture.
11. **Serving Suggestions and Pairings:** These cookies are fantastic on their own, but they also make a great "side" to a glass of cold almond milk or a hot cup of coffee. If you're hosting a party, serve them alongside a savory spread like this Crockpot Nacho Dip or a tray of Totchos. They even work as a "grab-and-go" breakfast alongside a One Pan Breakfast Bake for those busy Monday mornings.
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14. **Carbohydrates:** 18g
15. **Protein:** 5g
16. **Sugar:** 9g (Note: Based on approximately 15 cookies per batch.)
17. **Storage and Leftover Tips:** These cookies stay moist for a long time! Store them in an airtight container at room temperature for up to 5 days. For a "fresh from the oven" experience, microwave one for 10 seconds to melt the chocolate chips. You can also freeze these for up to 3 months-they actually taste pretty great straight from the freezer!
18. **More Recipes You Will Love:** If you're a fan of easy, crowd-pleasing recipes, be sure to check out these ChefManiac favorites:
19. **Crockpot : Nacho Dip** - The ultimate party starter.
20. **Mexican : Chicken and Rice Casserole** - My go-to weeknight dinner.
21. **Sheet : Pan Quesadillas** - Simple, fast, and delicious.
22. **Final Thoughts:** Baking doesn't have to be a chore. These 5-Ingredient Peanut Butter Oatmeal Chocolate Chip Cookies prove that with just a few pantry staples, you can create something truly special. They are proof that "simple" is often the most delicious way to go.
23. **Have you tried adding a sprinkle of sea salt on top?** It's a game-changer! Let me know your favorite cookie hacks in the comments below. Don't forget to follow ChefManiac for more easy recipes and kitchen tips. Happy baking!

SWAPS & NOTES

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

Original recipe: <https://chefmaniac.com/easy-5-ingredient-peanut-butter-oatmeal-chocolate-chip-cookies/>