

# No-bake Oat and Cocoa Balls

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*By Eva Håkansson, 2016. [www.EvaHakansson.com](http://www.EvaHakansson.com)*

Super simple and super quick Oat and Cocoa Balls is the perfect treat of gift. Just mix all ingredients in a bowl and shape into balls with your hands. Chill and serve. It is optional to roll them in sprinkles, shredded coconut, or anything else you can think of, but they are darn good as they are as well.

I chose organic, local and/or fair trade ingredients if I can, but that is of course a personal preference. If you want a low-sugar option, substitute some or all the sugar for stevia.

**Ingredients for ~20 balls, about 1.25 inch (30 mm) in diameter:**

**Metric units:**

100 g butter at room temperature  
0.5-1 dl sugar, granulated or powered (the amount depends on your personal preference)  
2 tablespoons of cocoa powder  
4 dl rolled oats (quick or regular)  
1-2 tablespoons of water

**Imperial units:**

4 oz butter at room temperature  
0.25-0.5 cups sugar, granulated or powered (the amount depends on your personal preference)  
2 tablespoons of cocoa powder  
1.5 cups rolled oats (quick or regular)  
1-2 tablespoons of water

Optional flavoring, such as vanilla or coffee (or liquor for an adult version).

Note: a scientifically minded person will notice that the amounts are not identical in metric and imperial units. The recipe is very flexible, and you can adjust the amounts based on your personal preference.

### Step-by-step instructions:



Step 1: Gather all the ingredients. I personally prefer organic, local and/or fair trade.



Step 2: Add all ingredients to a bowl.



Step 3: Mix it all. If you don't mind getting your hands messy, it is actually easiest to do this with your hands. I place the bowl in the sink to contain potential mess.



Step 4: Shape into balls using your hands. If it sticks badly to your hands, try to first rinse your hands in cold water. It sticks much less to wet hands.



Step 5 (optional): Roll in shredded coconut...



...or sprinkles. Or something else you can think of, liked chopped hazel nuts.

Step 6: Chill, and then place in a nice box, or just eat them directly! Store them in the fridge.