

## Cookie Dough and Fudge Cake



*Looking for a sweet and balanced snack to celebrate Valentine's Day? This no-bake cookie dough and fudge cake combines rich chocolate flavour with simple ingredients—an option our nutritionists love to recommend. Naturally rich in fibre, protein, and healthy unsaturated fats, it also stands out thanks to the addition of baby cereal, which subtly boosts the iron content. For more inspiration, explore our [15 Healthy Recipes for an Unforgettable Valentine's Day](#).*

Preparation 15 min

Cooking 0 min

Waiting 60 min

Servings 12

Nutrition Facts (per serving)

Calories 195

Fat 8

Carbohydrates 26

Fibre 4

Protein 5

Sodium 25

### **Ingredients**

#### **Cookie dough**

- 375 ml (1 ½ cups) oat flour (oats ground into a fine powder)\*
- 60 ml (¼ cup) baby oat cereal (or protein powder, powdered peanut butter, or almond flour)
- 60 ml (¼ cup) natural peanut butter
- 45 ml (3 tbsp) applesauce (or vanilla Greek yogurt)
- 45 ml (3 tbsp) maple syrup (or honey)
- 5 ml (1 tsp) vanilla extract
- A pinch of salt
- 30 ml (2 tbsp) mini chocolate chips (*optional*)

## **Fudge**

- 135 g (¾ cup) dark or semi-sweet chocolate, chips or chopped
- 105 ml (7 tbsp) milk (or plant-based beverage)
- 30 ml (2 tbsp) unsweetened cocoa powder
- 15 ml (1 tbsp) chia seeds

## **Preparation**

1. In a medium bowl, mix the oat flour, baby cereal, peanut butter, applesauce, maple syrup, vanilla extract, and salt until a smooth dough forms. Add the chocolate chips, if desired, and mix well.
2. Form small dough balls with your hands and spread them evenly in the bottom of a loaf pan lined with parchment paper. Place in the freezer while preparing the fudge.

3. In a microwave-safe medium bowl, melt the chocolate for 40 to 60 seconds, stirring every 20 seconds.
4. Add the milk, cocoa powder, and chia seeds. Mix well until smooth and fully combined.
5. Pour the warm fudge over the cookie dough pieces in the pan. Smooth with a spatula if needed to fully cover the dough.
6. Refrigerate or freeze for at least 1 hour, or until the fudge is firm.
7. Cut into 12 squares. Store in the refrigerator and enjoy within the next few days.

## Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer, stored in an airtight container.

\*For a gluten-free recipe, be sure to choose certified gluten-free rolled oats.



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