



Cookies – Cocoa Frogs

Makes: 50+ child servings (120 cookies)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 cups	margarine	500 mL
2 cups	sugar	500 mL
2 cups	milk	500 mL
12 cups	quick-cooking oats	3 L
4 cups	coconut, unsweetened	1 L
2 cups	cocoa	500 mL
2 tsp	vanilla	10 mL
Optional:	raisins cranberries, dried dates, pitted and chopped flax seed, ground	

Instructions

1. In a large pot, combine margarine, sugar, and milk and bring to a boil. Continue to boil for 3 minutes.
2. Combine remaining ingredients in a large bowl.
3. Add boiled mixture. Mix well.
4. Using a small scoop (size 40), arrange cookies on parchment-lined baking sheets.
5. Chill until firm.

Note: Extra cookies can be frozen.

Nutrition Information	
Per Cookie (28 g)	
Calories	110
Fat	6 g
	Saturated 2.5 g
	+ Trans 0 g
Sodium	45 mg
Carbohydrates	14 g
	Fibre 2 g
	Sugars 4 g
Protein	3 g
Calcium	10 mg
Iron	1 mg

Food Guide Servings
1 Grain Product