MEASURING SKILLS

NATIONAL FCS STANDARDS

8.2 Demonstrate food safety and sanitation procedures.
8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management and report symptoms of illness.
8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

OBJECTIVES

Students will...
• Practice personal hygiene, sanitation, and safety in the lab.
• Use communication, problem solving, and teamwork skills to prepare a simple recipe.
• Identify proper measuring tools and measure ingredients correctly.

GRADE LEVEL

MIDDLE SCHOOL

Lesson Developed by Delaine Stendahl, Family & Consumer Sciences and Health Sciences Instructor

MATERIALS LIST

If you are in need of any of the items listed below, go to eNasco.com/fcs for the latest in kitchen essentials.
• 2 Medium-Size Stainless Steel Bowls
• Nested Measuring Cup Set
• Measuring Spoon Set
• Liquid Measuring Cup
• Custard Cup
• Bench Scraper
• Rubber Spatula
• Oven Mitts
• Whisk
• Muffin Tin
• Cooling Rack
• Disher
• Washcloths, Drying Towels
• 4 Handouts: Blueberry Muffin Recipe; Learning About Proper Measuring Techniques; Abbreviations, Equivalents, and Measures; and Abbreviations and Equivalents Activity (go to eNasco.com/page/lesson35 to download and print)

For additional FREE lesson plans, go to eNasco.com/fcs
DAY 1

INTRODUCTION (5-10 MINUTES):
Set the stage for your expectations in the kitchen during your laboratory experiences. Do a teacher-led demonstration of hair restraint, apron, washing counters, setting up sink for dish washing, etc.

ACTIVITY (15 MINUTES):
Conduct a demonstration making simple quick bread such as blueberry muffins, recipe provided (go to eNasco.com/page/lesson35 to download and print). Emphasize measurement, tools, setting the oven temperature, placement of oven racks, and mixing techniques. Place the muffins in the pre-heated oven and set timer. While muffins are baking, students should be directed to the handout sheet on abbreviations, equivalents, and substitutions (go to eNasco.com/page/lesson35 to download and print).

Students will use the handout sheet to complete the Abbreviations and Equivalents worksheet (go to eNasco.com/page/lesson35 to download and print). Remove muffins from oven and serve a sample to each student.

CLOSURE (5 MINUTES):
While students sample the muffins, ask for Exit Ticket responses on one thing they learned today.
NOTE: For tomorrow, establish work groups/teams prior to class.

DAY 2

INTRODUCTION (3-5 MINUTES):
Announce lab teams. Quick reminders of lab procedures, time frame for preparation and clean up, etc.

ACTIVITY (35-40 MINUTES UNTIL THE END OF CLASS):

1. STUDENTS PREPARE FOR LAB
   - HAIR RESTRAINT
   - APRON
   - HAND WASHING, AND CLEANING SURFACES FOR LAB.

2. STUDENTS WORK AS A TEAM
   - MEASURE
   - MIX MUFFINS
   - PREPARE PANS AND ADD BATTER

3. STUDENTS COMPLETE TASK
   - PLACE MUFFINS IN PRE-HEATED OVEN
   - SET TIMER
   - WHILE BAKING, STUDENTS CLEAN UP KITCHEN.

   REMOVE MUFFINS FROM OVEN WHEN DONE, COOL, AND PACKAGE IN PAPER SACKS FOR TRANSPORT.

   TEACHER LEADS INSPECTION OF KITCHENS FOR LAB DISMISSAL.
MEASURING MATTERS!

NATIONAL FCS STANDARDS
8.2 Demonstrate food safety and sanitation procedures
8.2.5 Practice good personal hygiene/health procedures, including dental health and weight management and report symptoms of illness.
8.5 Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.3 Utilize weights and measurement tools to demonstrate knowledge of portion control and proper scaling and measurement techniques.

OBJECTIVES
Students will...
• Use communication, problem solving, and teamwork skills to prepare a simple recipe.
• Describe the processes they used to prepare the simple recipe.
• Critique and identify ways to improve the process of the lab.
• Identify proper measuring tools and alternative ways to measure using commercial methods.
• Calculate recipe conversions to increase recipes in standard and commercial measurements.
• Determine the “best” way to measure large quantities of ingredients and justify their reasoning.

MATERIALS LIST
If you are in need of any of the items listed below, go to eNasco.com/fcs for the latest in kitchen essentials.
- Medium-Size Stainless Steel Bowl
- Nested Measuring Cup Set
- Measuring Spoon Set
- Liquid Measuring Cup
- Rubber Spatula
- Electronic Scale
- 3-qt. Saucepan
- Large Spoon
- Sheet Pan
- Sheet Pan Liners or Silicone Baking Mat
- Disher
- Wash, Rinse, and Sanitize Buckets
- Dishcloths for the Wash, Rinse, and Sanitize Buckets
- 4 Handouts: No-Bake Cookies Lab Evaluation; One More Time! Worksheet; Chocolate Peanut Butter No-Bake Cookies Nontraditional Recipe; and Chocolate Peanut Butter No-Bake Cookies Traditional Recipe (go to eNasco.com/page/lesson35 to download and print)

For additional FREE lesson plans, go to eNasco.com/fcs
**Day 1**

**Introduction (15-20 Minutes):**
Set the stage for your expectations in the kitchen during your laboratory experiences. For example, hair restraints; aprons; hand washing; washing, rinsing, and sanitizing work areas; dish washing; etc.
Establish work groups/teams. Have students prepare for lab — hair restraints, aprons, and hand washing, as well as cleaning work surfaces for lab.

**Activity (20-25 Minutes):**
- Distribute the recipe/worksheet with nonstandard recipe (go to [eNasco.com/page/lesson35](http://eNasco.com/page/lesson35) to download and print).
- Instruct the students to work together to prepare no-bake cookies. They will need to determine their approach to the lab as a team.
- Today will be the pre-lab preparation of measuring and labeling all ingredients. They will prepare the cookies when they return to class tomorrow.
- Students will properly store ingredients for lab tomorrow and clean up their work areas.

**Closure (5 Minutes):**
If time still remains, have students complete questions 1-2 on the bottom of the worksheet, “Measuring Matters!” Or students can be assigned to complete the worksheet as homework.

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**Day 2**

**Introduction (3-5 Minutes):**
Quick reminders of lab procedures, time frame for preparation and clean up, etc.

**Activity (30-35 Minutes):**

1. **Students Prepare for Lab**
   - Hair restraint
   - Apron
   - Hand washing, and cleaning surfaces for lab.

2. **Students Prepare**
   - Follow the recipe instructions
   - Gather ingredients
   - Mix ingredients

3. **When the Recipe is Completed**
   - Drop dough on to sheet pan
   - Students clean up work areas
   - Cookies solidify

Next

- **Students Should Work on Remaining Questions on Their Worksheet.**
- **When Cookies are Cooled and Set, Instructor Should Lead a Walk-through Discussion of the Variations in the Products.**
- **Class Discusses Why the Products All Are So Varied and How People Determined What to Do in Preparing Their Cookies.**

**Closure and Key Questions (10 Minutes):**
- What similarities and differences do you notice in the products?
- Why might there be variations in the cookies?
- What might we do to have all groups end up with cookies that look and taste the same?
- Allow students to sample the products, sharing with other groups if desired to compare products.
- **Option:** If desired, add a level of competition stating that you are looking to see which group can prepare the best product.

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**Day 3**

**Introduction (3-5 Minutes):**
Brief review of the events of the past two days and segue to a final look at measurement on a larger scale — food service or quantity food production.

**Activity (30-40 Minutes):**
- Distribute “Measuring Matters! One More Time!” worksheet (go to [eNasco.com/page/lesson35](http://eNasco.com/page/lesson35) to download and print).
- Using the Internet or other sources provided, students will search the weight of different ingredients in grams according to the measurement provided on the worksheet table.
- Students will also identify the standard tools used to measure each ingredient in the recipe.
- Review in class the correct answers to the table in question 1 so students can continue to process the information in the table in question 2.
- Allow students time to complete table 2 and then answer question 3 on the worksheet.

**Closure (5 Minutes):**
Students will share one “take away” statement regarding something they learned about measurement, lab procedures, teamwork, etc.

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Blueberry Muffin Recipe

**Ingredients:**
- 1 ¼ c. all-purpose flour
- ½ c. white whole wheat flour
- ¼ c. sugar
- 1 Tbsp. plus ½ tsp. baking powder
- 1 egg
- ½ c. milk
- ½ c. oil or melted butter
- 1 c. blueberries, fresh or frozen
- Cooking spray

**Directions:**
1. Preheat oven to 400°F.
2. Spray a muffin tin with cooking spray. Be sure to spray over the sink or wastebasket.
3. Measure all-purpose flour, white whole wheat flour, sugar, and baking powder in a medium-size stainless steel bowl. Whisk dry ingredients together.
4. Crack egg into custard cup.
5. Measure milk in liquid measuring cup.
6. Place egg and milk in another medium-size stainless steel bowl.
7. Whisk the egg and milk together to combine well. Add the oil and mix again.
8. Make a well in the dry mixture and pour the liquid mixture in the well.
9. Using a rubber spatula, combine the liquids with the dry ingredients until lumpy and most of the flour is moistened.
10. Add the blueberries and mix gently.
11. Using a number 20 disher, scoop one level scoop of batter into each muffin receptacle.
12. Place in preheated oven and bake for 18-20 minutes. Check the muffins with a toothpick to be sure they are fully baked. The toothpick should be inserted in the center of the muffin and will come out clean when completely baked.
13. Let muffins cool about 3 minutes and remove from the pan with a spoon.

Recipe adapted from Barbara Johnson, Whitehall, Wisconsin
# Learning About Proper Measuring Techniques

## Dry Measuring Cups Are Used to Measure:

<table>
<thead>
<tr>
<th>Food Item</th>
<th>How to Measure Correctly</th>
</tr>
</thead>
</table>
| Flour                      | • Stir flour in the canister  
                             • Heap the flour with a spoon into the dry measuring cup  
                             • Level the measuring cup with a straight-edged spatula  
                             • **Do not pack or tap the cup of flour!**                                                                                                                   |
| Shortening, butter, and margarine | • Take small amounts with a rubber scraper and pack into dry measuring cup  
                             • Level off with a straight-edged spatula                                                                                                                    |
| White sugar                | • Dip dry measuring cup into the canister and fill to heaping  
                             • Level off with a straight-edged spatula  
                             • **Do not tap the cup!**                                                                                                                                     |
| Brown sugar                | • Fill the dry measuring cup and press down with the back of the spoon to pack firmly  
                             • **Sugar should hold its shape when turned out of the cup!**                                                                                               |
| Cut up foods such as bread crumbs, chopped celery, onion, nuts, marshmallows, chocolate chips, etc. | • Pack lightly into the measuring cup until level with the top edge of the cup                                                                                           |

## Liquid Measuring Cups Are Used to Measure:

<table>
<thead>
<tr>
<th>Food Item</th>
<th>How to Measure Correctly</th>
</tr>
</thead>
</table>
| Liquids   | • Place measuring cup on table or counter  
                             • Bend down to look at the mark at eye level as you pour slowly  
                             • Remember to measure the bottom of the meniscus                                                                                                               |

## Measuring Spoons Are Used to Measure:

<table>
<thead>
<tr>
<th>Food Item</th>
<th>How to Measure Correctly</th>
</tr>
</thead>
</table>
| Salt                       | • Pour salt into a small dish  
                             • Dip into it with a measuring spoon  
                             • Level the measuring spoon with a straight-edged spatula                                                                                                       |
| Baking powder, soda, cornstarch, or spices | • Stir to loosen the powder in container  
                             • Heap the powder or spice into the measuring spoon  
                             • Level the measuring spoon with a straight-edged spatula                                                                                                         |
| Vanilla, extracts, flavorings | • Pour vanilla into measuring spoon from the bottle  
                             • Be sure to hold the measuring spoon over a small bowl while measuring in case of spills  
                             • **Do NOT measure over your mixing bowl contents!**                                                                                                                 |
# Abbreviations, Equivalents, and Measures

## Common Abbreviations

<table>
<thead>
<tr>
<th>Common Abbreviation</th>
<th>Standard Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tablespoon</td>
<td>Tbsp. or T.</td>
</tr>
<tr>
<td>Teaspoon</td>
<td>tsp. or t.</td>
</tr>
<tr>
<td>Cup</td>
<td>C. or c.</td>
</tr>
<tr>
<td>Few grains</td>
<td>Fg</td>
</tr>
<tr>
<td>Degrees Fahrenheit</td>
<td>°F</td>
</tr>
<tr>
<td>Pint</td>
<td>pt.</td>
</tr>
<tr>
<td>Quart</td>
<td>qt.</td>
</tr>
<tr>
<td>Ounce</td>
<td>oz.</td>
</tr>
<tr>
<td>Gallon</td>
<td>gal.</td>
</tr>
<tr>
<td>Pound</td>
<td>lb. or lbs.</td>
</tr>
<tr>
<td>Minute</td>
<td>min.</td>
</tr>
<tr>
<td>Hour</td>
<td>hr.</td>
</tr>
<tr>
<td>Dozen</td>
<td>doz. or dz.</td>
</tr>
</tbody>
</table>

## Equivalent Weights and Measures

<table>
<thead>
<tr>
<th>Equivalent Weights and Measures</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Few grains</td>
<td>Less than (\frac{1}{8}) tsp.</td>
<td></td>
</tr>
<tr>
<td>Dash</td>
<td>2-3 drops</td>
<td></td>
</tr>
<tr>
<td>3 t.</td>
<td>1 T.</td>
<td></td>
</tr>
<tr>
<td>4 T.</td>
<td>(\frac{1}{2}) c.</td>
<td></td>
</tr>
<tr>
<td>8 T.</td>
<td>(\frac{1}{2}) c.</td>
<td></td>
</tr>
<tr>
<td>12 T.</td>
<td>(\frac{3}{4}) c.</td>
<td></td>
</tr>
<tr>
<td>16 T.</td>
<td>1 c.</td>
<td></td>
</tr>
<tr>
<td>2 c.</td>
<td>1 pt.</td>
<td></td>
</tr>
<tr>
<td>4 c.</td>
<td>1 qt.</td>
<td></td>
</tr>
<tr>
<td>2 pt.</td>
<td>1 qt.</td>
<td></td>
</tr>
<tr>
<td>4 qt.</td>
<td>1 gal.</td>
<td></td>
</tr>
</tbody>
</table>

## Equivalent Food Weights and Measures

<table>
<thead>
<tr>
<th>Equivalent Food Weights and Measures</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb. butter</td>
<td>2 c. or 4 sticks or 16 oz.</td>
<td></td>
</tr>
<tr>
<td>(\frac{1}{2}) lb. butter</td>
<td>1 c. or 2 sticks or 8 oz.</td>
<td></td>
</tr>
<tr>
<td>(\frac{3}{4}) lb. butter</td>
<td>(\frac{1}{2}) c. or 1 stick or 4 oz.</td>
<td></td>
</tr>
</tbody>
</table>
Abbreviations and Equivalents Activity

Name_________________________ Score___/35

**Instructions:** Using the resource sheet, answer the following problems on abbreviations and equivalents. 1 pt. each.

### Abbreviations

<table>
<thead>
<tr>
<th>Measurement Term</th>
<th>Abbreviation</th>
<th>Abbreviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tablespoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teaspoon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cup</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pound</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ounce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pint</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quart</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gallon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Measurements and Equivalents

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tablespoon</td>
<td>in tsp.</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>in Tbsp.</td>
<td></td>
</tr>
<tr>
<td>⅛ cup</td>
<td>in Tbsp.</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>in tsp.</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>in Tbsp.</td>
<td></td>
</tr>
<tr>
<td>1 pint</td>
<td>in cups</td>
<td></td>
</tr>
<tr>
<td>1 pint</td>
<td>in Tbsp.</td>
<td></td>
</tr>
<tr>
<td>1 quart</td>
<td>in cups</td>
<td></td>
</tr>
<tr>
<td>1 quart</td>
<td>in pints</td>
<td></td>
</tr>
<tr>
<td>1 gallon</td>
<td>in quarts</td>
<td></td>
</tr>
<tr>
<td>1 gallon</td>
<td>in cups</td>
<td></td>
</tr>
<tr>
<td>1 gallon</td>
<td>in pints</td>
<td></td>
</tr>
<tr>
<td>1 lb.</td>
<td>in ounces</td>
<td></td>
</tr>
<tr>
<td>1 lb.</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>½ lb.</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>⅛ lb.</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>⅛ cup</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td>in sticks</td>
<td></td>
</tr>
<tr>
<td>⅛ tícsp.</td>
<td>in tsp.</td>
<td></td>
</tr>
</tbody>
</table>

Which cups are used?

Which measuring spoons are used?
Measuring Matters! No-Bake Cookies

Name__________________________________________ Score_____/13

Ingredients:
6 handfuls quick oats
½ stick butter
4-6 handfuls granulated sugar
2 handfuls milk
1 handful natural unsweetened or Dutch-process cocoa
1 small lime-size portion of creamy peanut butter
1⅓ caps pure vanilla extract

Directions:
1. Place oats in a large bowl. Set aside.
2. Combine the butter, sugar, milk, and cocoa together in a medium saucepan over medium heat. Whisk until the butter has melted, then bring to a boil. Allow to boil for 1 minute without whisking. Remove from heat and, using a wooden spoon or rubber spatula, stir in the peanut butter and vanilla until completely combined. Pour this mixture over the oats, then stir to combine it all. Allow it to sit for 5 minutes. This allows the oats to soak up some moisture.
3. During the 5 minutes, line two baking sheets with parchment paper or silicone baking mats. Make sure there is enough room in your refrigerator for the baking sheets.
4. Drop dough with a spoon onto the lined baking sheets. If desired, flatten out and shape into a cookie. Repeat with the rest of the dough.
5. Refrigerate the cookies for at least 30 minutes. Remove from the refrigerator and enjoy! Store leftovers covered tightly in the refrigerator for up to 1 week.

Questions:
1. What is your reaction to this lab? Why? 2 pts.
2. Describe how you decided to measure the ingredients. (Techniques) 3 pts.
3. Describe the approach you used to get this lab completed. (Process) 3 pts.
4. What obstacles were there in completing this lab? (Name at least 2) 2 pts.
5. How would you have approached this lab differently if you knew about the recipe ahead of time? (Organization) 3 pts.
Measuring Matters! One More Time!

Name_________________________ Score_____/30

1. Convert the recipe to weight using the Internet or other resources. 1 pt. each.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measuring Cups/Spoons</th>
<th>Weight in Grams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups quick oats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 stick butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup granulated sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup cocoa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/3 cup peanut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp. vanilla</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. The recipe makes one dozen. What would be the measurements if it were measured in standard measure and commercial production by weight and you need 10 times the quantity? 1 pt. each.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Standard Measure</th>
<th>Commercial by Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups quick oats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 stick butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup granulated sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup cocoa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/3 cup peanut butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp. vanilla</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. In a commercial setting, most measuring is done using a scale. What would be the reasoning for the scale method? 2 pts.
Measuring Matters!

Chocolate Peanut Butter No-Bake Cookies
(Unconventional Measurement Recipe)

Ingredients:
- 6 handfuls quick oats
- ½ stick butter
- 4-6 handfuls granulated sugar
- 2 handfuls milk
- 1 handful natural unsweetened or Dutch-process cocoa
- 1 small lime-size portion of creamy peanut butter
- 1½ caps pure vanilla extract

Directions:
1. Place oats in a large bowl. Set aside.

2. Combine the butter, sugar, milk, and cocoa together in a medium saucepan over medium heat. Whisk until the butter has melted, then bring to a boil. Allow to boil for 1 minute without whisking. Remove from heat and, using a wooden spoon or rubber spatula, stir in the peanut butter and vanilla until completely combined. Pour this mixture over the oats, then stir to combine it all. Allow it to sit for 5 minutes. This allows the oats to soak up some moisture.

3. During the 5 minutes, line two baking sheets with parchment paper or silicone baking mats. Make sure there is enough room in your refrigerator for the baking sheets.

4. Drop dough with a spoon onto the lined baking sheets. If desired, flatten out and shape into a cookie. Repeat with the rest of the dough.

5. Refrigerate the cookies for at least 30 minutes. Remove from the refrigerator and enjoy! Store leftovers covered tightly in the refrigerator for up to 1 week.
Measuring Matters!

Chocolate Peanut Butter No-Bake Cookies
(Standard Measurement Recipe)

**Ingredients:**
3 cups (240 g) quick oats
½ cup (½ stick; 60 g) unsalted butter
1½ cups (150 g) granulated sugar
½ cup (60 ml) milk (any milk works, including skim or almond milk)
½ cup (21 g) natural unsweetened or Dutch-process cocoa
2/3 cup (170 g) creamy peanut butter
1 Tbsp. (15 ml) pure vanilla extract

**Directions:**
1. Place oats in a large bowl. Set aside.
2. Combine the butter, sugar, milk, and cocoa together in a medium saucepan over medium heat. Whisk until the butter has melted, then bring to a boil. Allow to boil for 1 minute without whisking. Remove from heat and, using a wooden spoon or rubber spatula, stir in the peanut butter and vanilla until completely combined. Pour this mixture over the oats, then stir to combine it all. Allow it to sit for 5 minutes. This allows the oats to soak up some moisture.
3. During the 5 minutes, line two baking sheets with parchment paper or silicone baking mats. Make sure there is enough room in your refrigerator for the baking sheets.
4. Using a 1-Tablespoon cookie scoop (or a 5/8-oz. to 1-oz. disher), drop a Tablespoon of dough onto the lined baking sheets. If desired, flatten out and shape into a cookie. Repeat with the rest of the dough.
5. Refrigerate the cookies for at least 30 minutes. Remove from the refrigerator and enjoy! Store leftovers covered tightly in the refrigerator for up to 1 week.
6. **Make ahead tip:** You can prepare the dough through step 2. Then, cover tightly and store in the refrigerator for up to 3 days. The mixture will be very firm after spending time in the refrigerator, so allow it to come to room temperature before continuing with step 3. No-bake cookies can be frozen up to 3 months. Allow to thaw overnight in the refrigerator.

Source: http://sallysbakingaddiction.com/2015/12/10/chocolate-peanut-butter-no-bake-cookies/