

Microwave PB & J Oatmeal Bars



Makes 9 Servings

Ingredients

- 1 cup jam, such as strawberry, blackberry or peach
- 1/2 cup peanut butter
- 3 cups rolled oats
- 1/4 cup peanuts, crushed (optional)

Directions

1. Grease a 8x8-inch glass baking dish with nonstick cooking spray.
2. In a large microwave safe bowl, mix jam and peanut butter. Microwave on high for 2 to 3 minutes until hot. Stir in oats until mixed.
3. Move oat mix into greased baking dish and press into an even layer. Press peanuts into the oat mix. Microwave on high for 2 to 3 minutes.
4. Refrigerate for 30 minutes until set. Cut into 9 squares. Store refrigerated in an airtight container until ready to serve.

Recipe from: Feeding PA and PA Eats

