## Microwave PB & J Oatmeal Bars

## Ingredients

- O 1 cup jam, such as strawberry, blackberry or peach
- O 1/2 cup peanut butter
- O 3 cups rolled oats
- O 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



PA Healthy Pantry Initiative A project of Feeding PA

## feedingpa.org/hpi

Makes 9 Servings

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