

PB&J Oatmeal Bars

In today's society, we can never be certain of the "healthy" labels. All the granola and oat bars are labeled with some type of health gimmick, but after seeing all the high fructose corn syrup and junk, you second guess the label. Well, with this recipe, you can rest assured your snack will be packed with high quality nutrients!

Ingredients:

½ cup	Peanut butter, crunchy or creamy
¼ cup	Agave or honey
¼ cup	Oil of choice (I use avocado oil)
1 cup	Oats
½ cup	Blueberries (if using frozen, thaw and press water out)
¼ tsp	Salt

Directions:

1. Line an 8x8 pan with parchment paper. Set aside.
2. Melt the peanut butter and oil together. Mix in the honey. Let the mixture get hot.
3. Add in the oats and remove from the heat.
4. Add in the rest of the ingredients and mix well.
5. Press the mix in to the 8x8 pan. Chill for 2-3 hours.
6. Cut in to 8 bars.
7. Store in an airtight container for up to 6 days. They taste best if stored in the fridge.

Nutrition Facts:

Servings: 10 bars

Serving size: 1 bar

PB&J Oatmeal Bars		
Nutrition Facts		
Serving Size: 1 Bar		
Amount Per Serving		% Daily Value*
Calories	187.9 kcal	9 %
Total Fat	12.7 g	20 %
Saturated Fat	2.1 g	10 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	62.1 mg	3 %
Total Carbohydrate	16.2 g	5 %
Dietary Fiber	1.8 g	7 %
Sugars	8.1 g	
Protein	4 g	8 %
Vitamin A	0 % • Vitamin C	3 %
Calcium	1 % • Iron	3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>