



# Peanut Butter & Jelly Granola Bars



## Ingredients



Recipe from *Good and Cheap*

- 3 cups rolled oats (or 2 cups oats and 1 cup Rice Krispies)
- 1/2 cup peanut butter
- 1/2 cup jelly or jam
- 1/4 cup hot water
- 1/4 tsp. salt
- Butter or vegetable oil

Yield: 12  
Serving Size: 1 bar



## Directions



1. Heat the oven to 350 degrees.
2. Butter or oil and 8 x 11 inch baking pan. If you have a different size pan, that's fine—it'll just change how thick the bars are.
3. Pour the oats into a large bowl.
4. Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it's smooth.
5. Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky mass. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top.
6. Bake for 25 minutes, until it's toasty and brown around the edges. Leave the bars in the pan until they cool completely, about an hour. Slice into 12 bars.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add nuts, coconut, dried fruit, or honey to the bars. If using, add them to the oats before adding the peanut butter and jelly mixture.
- Use any kind of jelly or jam.

## Nutrition Facts



<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 bar</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 5g	<b>10%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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