



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 water
- 1/4 tsp. salt



Directions



Yield: 12 bars Serving Size: 1 bar

Total Cost: \$2.67 Serving Cost: \$0.22

1. Preheat oven to 350°F. Grease or line an 8 x 11 inch baking pan.
2. Add peanut butter, half the jelly, water, and salt to a small sauce pan. Stir over low heat until smooth.
3. Turn off heat and mix in oats until oats are coated and sticky.
4. Press the mixture into an even layer in the pan. Spread the remaining jelly over the top.
5. Bake for 25 minutes, until toasty and brown around the edges. Leave in pan until completely cooled, about an hour. Slice into 12 bars.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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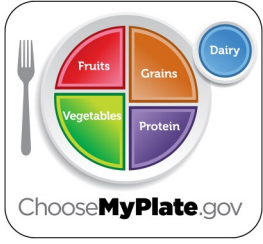


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Fast Facts



Featured Food Groups

Cooking Tips

- Add nuts, seeds, coconut, or dried fruit to the bars. If using, add them along with oats to the pb&j mixture.
- Substitute any nut or seed butter for peanut butter.
- Serve as a snack, breakfast, or treat.

Nutrition Facts

12 servings per container	
Serving size	1 bar
Amount Per Serving	
Calories	180
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 5g	10%
<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>	

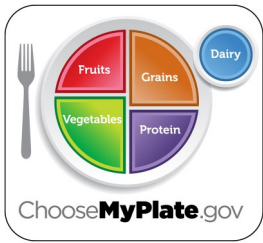


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