

Quick Peanut Butter Oatmeal Bars

Cooking Instructions

1. Grease a 8X8 baking pan with coconut oil or neutral oil. Preheat oven to 350 degrees.
2. Use a mixer to mix peanut butter and brown sugar until combined. Add in milk and vanilla.
3. In a separate bowl mix together oats, flour, salt, and baking soda. Add ½ cup at a time to the milk mixture. If dough becomes too thick, mix with a spatula.
4. Fold in chocolate chips and nuts. Press mixture evenly into the pan.
5. Bake for 20 minutes. Allow to cool and cut into bars.

Recipe

- 1 cup old fashioned oats
- 1 cup creamy or chunky peanut butter
- 1 cup whole wheat flour
- ½ cup brown sugar
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ cup milk (almond or dairy)
- 1 teaspoon vanilla extract
- ½ cup any chocolate chips
- 1/3 cup chopped walnuts
- Optional – Add any nuts, dried fruit like cranberries, raisins, or shredded coconut

Grocery List (add optional toppings to list as desired)

Pantry Items

- Peanut butter
- Old fashioned oats
- Brown sugar
- Vanilla extract
- Salt
- Baking soda
- Milk

Bakery Items

- Chocolate chips
- Walnuts
- Whole wheat flour