

RECIPE FOR

SERVES 10 Bars
BAKE TIME 20-25 minutes
OVEN TEMP 300 degrees

Peanut Butter & Honey Oat Bars

FROM THE KITCHEN OF



Melody Sabin

INGREDIENTS

- 1/2 cup honey
- 1 tbsp coconut oil
- 1/3 cup peanut butter (I used almond butter)
- 1/2 tsp vanilla extract
- 1/4 tsp. cinnamon, ground
- 2 cups oats (can use Gluten Free Oats)
- 1/2 cup chopped honey roasted peanuts (I used 1/4 cup almond butter)
- Optional: grated carrot

DIRECTIONS

- Preheat oven to 300 F
- Line an 8 x 8 pan with parchment paper, making sure the parchment paper hangs over the sides.
- In a microwave safe bowl, add honey, coconut oil & peanut butter. Microwave for 30 seconds, stir until mixture gets runny & peanut butter completely melted in. You may have to heat for another 20 seconds or so. Mix in vanilla extract and cinnamon.
- Add oats & peanuts, mix until everything is combined & the mixture is completely coated with honey & peanut butter mixture.
- Pour mixture into prepared pan & press down with a back of a spoon; bake in the oven for 20 -25 minutes until lightly brown.
- Once you take the bars out of the oven, press down with the back of a spoon to insure the oats are pressed firmly together. Let the oat bars cool slightly & carefully take out bars by grabbing onto the parchment paper & cut into 16 slices. Let bars cool completely & harden at room temperature.
- Store bars in an air tight container in the refrigerator.

