



This week we're making PB&J Breakfast bars! These healthy bars are great for breakfast or as a snack at any time!

Ingredients

- 2 cups old-fashioned rolled oats
- 3 tablespoons chia seeds (optional)
- A couple pinches of salt
- 1 teaspoon ground cinnamon
- 2/3 cup peanut butter, crunchy or creamy
- 1 cup smooth, unsweetened applesauce
- 3/4 cup your favorite jam (we love raspberry or strawberry)



Instructions

1. Preheat oven to 350°F. Line 9x13-inch baking dish with parchment paper
2. In a medium bowl, mix the oats, salt, cinnamon, and chia seeds.
3. Add the applesauce and peanut butter, mix well so the ingredients are evenly distributed
4. Spoon the mix onto the parchment paper and press down with a spatula or your hands to make an even layer. Spread your jam around on top so it makes an even layer.
5. Bake for 25 minutes.
6. Wait for the bars to cool, then cut into rectangles. Bars can be stored in an airtight container in the fridge for up to 5 days.

Source: https://www.rachaelrayshow.com/recipes/25411_pb_j_breakfast_bars