

# PB & J Bars

## INGREDIENTS

- 3/4 cup creamy peanut butter
- 1/2 coconut sugar
- 1 TBS molasses
- 1 tablespoon vanilla extract
- 1 cup whole wheat flour or oat flour
- 1 cup rolled oats
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1/2 cup oat milk, almond milk, or whatever other milk you like
- 2/3 cup jam of choice
- 1 TBS chia seeds
- 1/2 cup chopped peanuts

## DIRECTIONS

1. Preheat oven to 350 degrees. Line a 8x8 baking dish with parchment paper and spray with non stick spray- or use silicone trays for bars like these
2. In a large bowl, mix together peanut butter, sugar, molasses and vanilla extract. Stir in flour, oats, salt and baking soda, then mix in the milk until just combined combined.
3. Place jam in a microwave safe bowl and heat 30 seconds until warm to make it easier to spread
4. Spread 3/4 of the peanut butter oat mixture over the bottom of the prepared baking sheet and press down with the back of a spatula. Pour the jam over the top and spread evenly. Crumble the remaining peanut butter dough over the top. Top with chopped peanuts and chia seeds
5. Bake the bars 18-20 minutes until lightly golden. Remove from heat, let cool, then slice into 9 bars. Store in a covered container at room temperature for up to 3 days, or refrigerate and store up to a week. I like these better cold!