

Peanut Butter Oat Bars

Serving Size: 1 Bar | Servings per Recipe: 8 | Healthy

10
MIN

INGREDIENTS

- 1 cup oats
- ½ cup peanut butter
- 2–3 tbsp honey or 1 small mashed banana
- ¼ cup raisins (optional)
- ½ tsp cinnamon (optional)

DIRECTIONS

- Mash the banana (if using) or combine honey with peanut butter in a bowl.
- Stir in oats, raisins, and cinnamon until well mixed.
- Press the mixture into a lined square dish.
- Chill in the fridge for 1–2 hours.
- Cut into 8 bars.
- Store in the fridge.



Calories per serving: 190 | 9 g total fat | 22 g total carbohydrates | 1 mg sodium | 6 g protein

Recipe from Live Well Alabama, image from Two Peas and Their Pod