

NO BAKE BREAKFAST BARS

Prep Time: 10 minutes

Total Time: Overnight, or at least 4 hours

Included in Box:

- 2 ½ c. oats, uncooked
- ¾ c. peanut butter
- 1 c. 1% milk

Additional Ingredients Needed:

- 1 small apple, finely chopped
- 1 tsp vanilla extract
- 1 tsp ground cinnamon

Directions:

1. Combine peanut butter, 1% milk, cinnamon and vanilla extract in microwave safe bowl. Microwave covered for 15-30 seconds to soften peanut butter. Stir to mix well.
2. Add chopped apple and dry oats to peanut butter mixture. Mix well to combine.
3. Place mixture in small baking dish and pat down top to smooth and flatten.
4. Place in refrigerator to sit overnight (or at least 4 hours). Cut into 12 even pieces.

Tip: Serve with unsweetened, low-fat yogurt for extra protein and flavor!



Nutrition Facts*

Total Servings: 12
Serving Size: 1 bar
Calories: 162
Fat: 8.5 g
Sodium: 69 mg
Carbohydrates: 18 g
Fiber: 3 g
Protein: 6 g
Carbohydrate Servings: 1

**Nutrient facts include dry instant oats, Jif creamy peanut butter, 1% milk, a small apple (2 ¼"), vanilla extract, and ground cinnamon.*