



RECIPES

PB & J Breakfast Bars

Emily & Lyla Allen

PREP TIME : 10 minutes | COOKTIME : 25 minutes | Makes about 18

[Kitchen Twins](#)

Directions:

1. Preheat the oven to 350°F.
2. Line a 9-by-13-inch baking pan with parchment paper.
3. In a medium bowl, mix the oats, salt, cinnamon, and chia seeds.
4. Add the applesauce and peanut butter and mix well so the ingredients are evenly distributed.
5. Spoon the mix onto the parchment and press down evenly with your hands to make a uniform layer.
6. On top, spread your jam all around so it covers the entire surface. Bake for 25 minutes.
7. Wait for the bars to cool, then cut into rectangles.
8. Store in an airtight container in the fridge for up to 5 days.

Ingredients:

- 2 cups old-fashioned rolled oats
- A couple pinches of salt (we use pink Himalayan sea salt)
- 1 teaspoon ground cinnamon
- 3 tablespoons chia seeds (optional)
- 1 cup smooth, unsweetened applesauce (see notes), store-bought or homemade
- 2/3 cup peanut butter - (creamy or crunchy)
- 3/4 cup of your favorite jam (we prefer raspberry or strawberry)

Notes:

- Chunky applesauce is good, but it doesn't work in these because the result is a dry bar. So stick with smooth.
- You can make these into sandwiches by cutting two even-size bars and putting the jam sides together sandwich style. This is a great way to pack the bars for travel because they stay neater.

