PEANUT BUTTER AND JELLY
GRANOLA BARS

INGREDIENTS
3 cups rolled oats
1 cup rice cereal
1/2 cup peanut butter like product
1/2 cup jelly or jam
1/4 cup hot water
1/4 tsp salt

DIRECTIONS
• Heat the oven to 350 °F.
• Grease an 8” x 11” baking pan.
• Combine the oats and rice cereal in large bowl.
• Add peanut butter, half the jelly, water and salt to a small pan.
• Stir over low heat until it’s smooth.
• Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky, greased mass.
• Pour the mixture into the pan and press it into an even layer. Spread the remaining jelly over the top.
• Pop the pan into the oven for 25 minutes until it’s toasty and brown around the edges or crunchy.
• Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.
**OATMEAL BASIC**

1 cup rolled oats  
2 cups milk  
¼ tsp salt  

Heat all ingredients together and cook until creamy and tender. Add a favorite topping.  

**Options:**  
½ cup berries, fresh or frozen  
¼ cup coconut, shredded  
½ lime, juiced  

**PUMPKIN OATMEAL**

½ cup pumpkin puree,  
1 tsp cinnamon,  
1 tbsp orange zest, finely grated,  
4 tbsp honey

**APPLE CINNAMON**

2 cups apple juice or cider  
1 tsp cinnamon,  
1 apple, cored and chopped

**SCALLION & CHEDDAR**

2-3 scallions, finely chopped  
¼ cup sharp cheddar, grated,  
1 tsp butter  
If desired, add a fried or scrambled egg.