

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.

