

## **Peanut Butter and Jelly Granola Bars**

**makes 12 - \$3.60 total, 30 cents per bar**

This recipe is straight from an excellent *free* cookbook by Leanne Brown called **Good and Cheap; Eat Well on \$4 a Day**. I love how quick it is to throw these bars together and that they have no added sugar! Plus...the ingredients can be found in any corner store or food pantry. Any kind of jam or jelly works, Leanne used blueberry in hers, I used blackberry in mine.

3 cups rolled oats (or 2 cups oats and 1 cup Rice Krispies)

½ cup peanut butter, either crunchy or creamy

½ cup jelly or jam

¼ cup hot water

¼ tsp salt

butter or vegetable oil for greasing pan

optional additions: nuts, coconut, dried fruit, honey

Heat the oven to 350 °F.

Butter or oil an 8" x 11" baking pan. If you have a different size pan, that's fine—it'll just change how thick the bars are.

Pour the oats into a large bowl. You can use quick oats if they're all you have, but I prefer the bite and chew of rolled oats. For a different texture, you can also substitute a cup of oats with a cup of Rice Krispies, but the bars are great either way.

Add the peanut butter, half the jelly, the water, and the 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 mass. Dump the mixture into the oiled 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. Mmm. Crunchy.

Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

From: Good and Cheap; Eat Well on \$4 a day. For a free download go to <http://www.leannebrown.com>