

PB & J Baked Oatmeal Bars

No added sugar PB&J baked oatmeal bars are the perfect heart-healthy breakfast to start your day or afternoon snack!

- **Adopted from** Livelytable.com
- **Prep Time:** 10 minutes
- **Cook Time:** 30 minutes
- **Total Time:** 40 min
- **Yield:** 12 bars

INGREDIENTS

- 2 cups rolled oats
- 2 tbsp ground flax seeds
- 2 large eggs
- 1 1/2 cups milk of choice
- 3/4 cup peanut butter
- 1 1/2 cups frozen raspberries

crumble topping:

- 1/4 cup rolled oats
- 1 tbsp peanut butter
- 2 tbsp chopped peanuts

INSTRUCTIONS

1. Preheat oven to 350° F. Line a square 8x8" or 9x9" baking dish with parchment or lightly grease. In a medium bowl, stir together oats and flax seeds. Stir in eggs, milk, and peanut butter and mix well.
2. Press oat mixture into prepared baking dish. Spread raspberries evenly over the top.
3. In a small bowl, stir together ingredients for the crumble topping. Sprinkle topping over raspberries and gently press down.
4. Bake 25-30 minutes. Cool before cutting into bars.
5. Store bars in an airtight container in the refrigerator.

