

# Common Sense COOKING

## Peanut Butter Oatmeal Breakfast Bars

2/3 Cup white flour (or 1/3 cup whole wheat flour and 1/3 cup white flour)  
3/4 Cup brown sugar  
1/2 or 3/4 cup peanut butter (chunky or smooth)  
1/4 cup extra virgin olive oil  
1 large egg  
1 Tablespoon canned evaporated whole milk  
1/2 teaspoon vanilla  
1/4 teaspoon baking soda  
1/2 cup dry oats

Preheat the oven to 375F.

Put all the ingredients, except for the oats, in a mixing bowl.

Put the flour in the bowl first so it will be less likely to fly out of the bowl when you are mixing.

Measure the olive oil first in a 1/4 cup measure, then use the oiled measuring cup for the peanut butter (use 2 or 3 x at 1/4 cup each time depending on whether you are using 1/2 or 3/4 cup).

I made a version with natural PB and it was not good. Very dry. There is added sugar to commercial PB which must help keep the bars moister.

Mix on medium high until all mixed together (about 3-4 minutes). You will need to stop the mixer and scrape down the sides with a spatula.

Stir in the oats. Use a rubber spatula to press the mixture into a square cake pan (9x9 or 8x8). Bake for 12-14 minutes for the 9x9 pan and a bit longer for the smaller (deeper) pan. Bake just until the edges are light brown. They will brown more as they cool.

For 1/2 cup PB: Calories per 1/2 of recipe - 200

For 3/4 cup PB: Calories per 1/2 of recipe - 230

Makes 12 bars