



Healthy Peanut Butter Granola Bars

★★★★★

These **peanut butter granola bars** use peanut butter and honey to deliver a big dose of protein and energy. Kids will love this simple 5-ingredient snack!

Course

Breakfast, Snack

Cuisine

American

Keyword

chocolate, granola, kids recipes, peanut butter, snack

Prep Time

5 minutes

Cook Time

15 minutes

Total Time

20 minutes

Servings

12

Calories

317kcal

Author

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Cost

\$6

Equipment

- Square Baking Pan
- Mixing bowl
- Parchment paper

Ingredients

- 2 cups steel-cut oats (or rolled oats)
- 1 1/2 cups natural peanut butter
- 2 Tablespoons honey
- 1 teaspoon salt
- 1/4 cup cacao nibs (or mini chocolate chips)

Instructions

1. Preheat oven to 325°F. Line a baking pan with a square of parchment paper and set aside.
2. Stir the oats, honey, salt and peanut butter together. Taste and adjust the sweetness or add a bit more salt to help round out the natural peanut butter.
3. Press the oat mixture into the prepared pan, and bake for 12-15 minutes. Immediately sprinkle or press the nibs or chocolate chips over top of the pb bliss bars. (Careful, bars may be hot)
4. Allow to cool completely in pan before cutting into squares.

Notes

Note: Nutrition information is a rough estimate only; actual values will vary based on the exact ingredients used and amount of recipe prepared.

Nutrition

Calories: 317kcal | Carbohydrates: 27g | Protein: 12g | Fat: 19g | Saturated Fat: 4g | Sodium: 341mg | Potassium: 209mg | Fiber: 5g | Sugar: 5g | Calcium: 31mg | Iron: 1.7mg

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