



## Peanut Butter and Jelly Bars

 Vegetarian

READY IN



150 min.

SERVINGS



18

CALORIES



223 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 teaspoon baking soda
- 1 cup flour all-purpose as needed plus more
- 0.3 cup granulated sugar
- 0.3 cup brown sugar light packed
- 0.5 cup natural butter extract (no salt or sugar added)
- 1 cup oats
- 0.5 teaspoon salt fine
- 1 cup strawberry jam

- 10 tablespoons butter unsalted as needed plus more cut into small pieces and at room temperature, ()

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- baking pan
- measuring cup

## Directions

- Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-9-inch metal baking pan with butter, then flour, tapping out any excess flour; set aside.
- Place the measured flour, oats, sugars, salt, and baking soda in a large bowl and whisk to combine.
- Add the peanut butter and, using your fingers, squeeze the oat mixture and peanut butter together until evenly combined. Scatter the measured butter pieces over the mixture and, using your fingers, squeeze the peanut butter–oat mixture and butter together until evenly combined and no large pieces of butter remain.
- Place two-thirds of the mixture into the prepared pan and, using a measuring cup dipped in flour, press it firmly and evenly into the bottom; set the remaining mixture aside.
- Bake until the edges start to brown, about 15 minutes.
- Remove the pan from the oven to a wire rack. Dollop the jam over the crust and spread into an even layer, taking care not to disturb the crust. Crumble the reserved oat mixture into pieces about the size of almonds and evenly sprinkle it over the jam. Return the pan to the oven and bake until the jam is bubbling and the topping is golden brown, about 20 to 25 minutes more.
- Remove the pan to the wire rack and let it cool completely, about 1 1/2 hours.
- Cut into 18 (3-by-1-1/2-inch) bars.

## Nutrition Facts

PROTEIN 5.37% FAT 40.94% CARBS 53.69%

## Properties

Glycemic Index:14.73, Glycemic Load:15.18, Inflammation Score:-3, Nutrition Score:4.2243478414805%

## Nutrients (% of daily need)

Calories: 222.86kcal (11.14%), Fat: 10.39g (15.99%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 29.5g (10.73%), Sugar: 17.65g (19.61%), Cholesterol: 16.72mg (5.57%), Sodium: 89.37mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Manganese: 0.36mg (17.85%), Vitamin B3: 1.4mg (7%), Magnesium: 27.01mg (6.75%), Selenium: 4.71µg (6.72%), Vitamin B1: 0.09mg (6.2%), Vitamin E: 0.89mg (5.94%), Phosphorus: 57.76mg (5.78%), Folate: 22.74µg (5.68%), Fiber: 1.18g (4.71%), Iron: 0.78mg (4.34%), Vitamin B2: 0.07mg (4.19%), Copper: 0.08mg (3.96%), Vitamin A: 194.37IU (3.89%), Zinc: 0.39mg (2.62%), Potassium: 85.46mg (2.44%), Vitamin B6: 0.04mg (2.24%), Vitamin C: 1.66mg (2.01%), Calcium: 15.77mg (1.58%), Vitamin B5: 0.16mg (1.56%)