

Peanut Butter Oat Squares

Ingredients

- 1 cup Peanut Butter (does not work well with natural PB)
- 3 cups Oats
- 1/2 cup Honey

Directions

1. Line a 9x9 pan with non-stick foil, or regular foil as long as you use a non-stick spray
2. Melt the honey and peanut butter together until it's smooth enough to mix with the oats. I do this in the microwave for approximately 1-2 minutes because it's faster, but you can also melt it on the stove top if you'd prefer
3. Combine the mixture with the oats (start off with 2 cups and slowly add the rest as you may need less depending on your peanut butter and honey brand), and then mix well
4. Pour it into your prepared pan, and then store it in the refrigerator for a few hours until it's set enough to cut into squares. You can store them in the refrigerator to keep them firm, or leave them out if you like them soft and sticky