

PB&J Baked Oatmeal

This breakfast combines the classic flavors of peanut butter and jelly while providing valuable fuel to start your day. Makes a great Sunday make ahead dish to set your mornings up for success during the week.

YIELD	PREP TIME	TOTAL TIME
9 SERVINGS	10 MIN	35 MIN

INGREDIENTS

2 cups	Quick Oats
1 tsp	Baking Powder
1 tsp	Cinnamon, ground
¼ tsp	Kosher Salt
3 large	Eggs
1 cup	Milk, 1%, low-fat
¼ cup	Light Brown Sugar
3 Tbsp	Canola Oil
1 tsp	Vanilla Extract
½ cup	Peanut Butter, smooth
½ cup	Low Sugar Jam, Jelly or Preserves, any flavor

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F and spray an 8x8" square baking pan with nonstick cooking spray. Set side.
2. In a medium mixing bowl, use a whisk to combine the oats, baking powder, cinnamon, and salt.
3. In a separate medium mixing bowl, use a whisk to thoroughly blend the eggs, milk, brown sugar, oil, and vanilla.
4. Add the peanut butter to a microwave safe bowl and heat for about 30 seconds, until loose and a more pourable consistency.
5. Add the oat mixture to the wet mixture and use a rubber spatula to combine. Add the peanut butter and mix (some lumps of peanut butter are fine).
6. Transfer the oat mixture to the prepared pan and smooth into an even layer.
7. Use a small spoon to dollop the jam on the top of the oatmeal mixture. Use a toothpick to lightly swirl the jam into the oatmeal mixture.
8. Bake until the oatmeal is set, reaches 165°F in the center, and lightly browned on top, about 20 – 25 minutes. Allow to cool slightly before cutting into 9 squares.

CHEF'S NOTES

Allergic to peanuts? You can swap peanut butter for your favorite nut or seed butter!

Love peanuts? Try this with crunchy peanut butter for added texture. You could also add some chopped, unsalted peanuts to the top of the oatmeal mixture before baking.

Another option for more fruit flavor and added texture is using your favorite frozen berries in place of the jam.

Nutrition Facts

9 servings per container

Serving Size about 2.5 x 2.5" square (96 g)

Amount per serving

Calories **250**

% Daily Value *

Total Fat 13g **16%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 65mg **21%**

Sodium 160mg **7%**

Total Carbohydrate 27g **10%**

Dietary Fiber 3g **11%**

Total Sugars 11g

Includes 5g Added Sugars **11%**

Protein 9g **17%**

Vitamin D 0.67mcg **3%**

Calcium 50mg **4%**

Iron 0.34mg **0%**

Potassium 100mg **3%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

