

# PEANUT BUTTER & OAT NO BAKE RECIPE

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## Ingredients:

- 1.5 Cups Oats (I used organic rolled oats)
- 1 Tsp Salt
- 1 Tsp Cinnamon
- 2 Tbsp Vanilla
- 1 Cup Peanut Butter
- ½ Cup Honey
- ¼ Cup Maple Syrup
- 1 Cup Chocolate Chips



## Directions:

1. Layer parchment paper into your container- I used an 8x8 glass container
2. Mix together the oats, salt and cinnamon
3. Now mix in the Vanilla, Peanut Butter, Honey & Maple Syrup and mix to incorporate all ingredients. It should be thick, but spreadable. If not add more honey, syrup or peanut butter to achieve a spreadable consistency.
4. In a double boiler OR a pan filled with water on the burner and a smaller pan that can fit on top and melt the chocolate chips
5. Spread the oat mixture on the parchment paper in your glass container
6. Spread the melted chocolate on top of the oats and place in the fridge or freezer until hard –approx 20-30 minutes

