



Oat Peanut Butter Bars

Visual Recipe
by DAREBEE

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4 cups ~ 13oz ~ 400g oat flakes
4 tbsps ~ 3oz ~ 90g peanut butter
3 tbsps ~ 2oz ~ 60ml maple syrup
1 cup ~ 7oz ~ 200ml water

LEVEL UP! Add crushed walnuts and dried cranberries to the mix.

8 BARS



INSTRUCTIONS

1. Add water, maple syrup and peanut butter to a large saucepan. Whisk together until combined. Alternatively, whisk together in a saucepan over medium heat.
2. Add oat flakes and mix until combined.
3. Transfer the mix to a countertop lined with baking paper. Cover with another sheet of baking paper and press down with a plate or roll it out using a rolling pin.
4. Lift the top sheet of baking paper off and fold the mix, cover back up and roll again until you get a thick rectangle.
5. Wrap it up and place into the fridge to chill overnight or for a minimum of 4 hours.
6. The next day take it out and cut into bars.