
Peanut Butter Bars

Judy Gilliard

Servings: 16

2 cups peanut butter

1/2 cup turbinado sugar

1/4 cup molasses

2 large eggs

1 teaspoon vanilla

1 cup milk, skim

2 cups heart Smart Bisquick

3 cups rolled oats

1/4 cup jam

1. Cream together peanut butter, sugar, molasses, eggs, and vanilla.

2. Add milk, Bisquick and rolled oats and mix well.

3. Put mixture in 9"X 13" baking pan sprayed with nonstick spray dollop the jam on top, with a knife swirl through batter.

4. Bake in a preheated oven 350 for 15 to 20 minutes. (be careful not to over cook as they will be dry)

5. Cool and cut into 16 bars.

Per Serving (excluding unknown items): 366 Calories; 19g Fat (44.6% calories from fat); 13g Protein; 40g Carbohydrate; 4g Dietary Fiber; 27mg Cholesterol; 299mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1 Other Carbohydrates.



Judy a la carte

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