

Londyn & Ashley's Meal Prep Monday!

Half Baked Peanut Butter and Jelly Bars

INGREDIENTS

1 large egg
1/3 cup peanut butter
(I used MaraNatha No
Sugar/No Salt)
1 TSP vanilla
2 TBSP maple syrup
1 cup almond flour
1/4 TSP salt
1 TSP baking powder

Top layer:

1/3 cup jam of choice
peanut butter drizzle

Preheat the oven to 350 and line a 9x5 loaf pan with parchment paper.

In a small bowl, whisk together the egg, peanut butter, maple syrup and vanilla. Add in the almond flour, salt, and baking powder. Mix until fully incorporated.

Spread the cookie layer evenly in the bottom of the pan and bake for 10 minutes. Allow to cool completely.

Evenly spread the jam on top of the cooled cookie layer and drizzle on additional peanut butter.

Chill in the fridge to set. Cut into bars and enjoy!

Recipe: cookingkatielady.com

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