Peanut Butter Apricot Oat Bars

Twelve small baked oat bars, one per snack portion · Active 25 min · Total 1 hr 45 min

Skills: Loosening peanut butter, cooling before egg and letting a baked oat square firm before cutting

Ingredients

- 2 cups plain rolled oats (160 g)
- 2/3 cup all-purpose flour (80 g)
- 1/2 teaspoon baking powder (2 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/3 cup smooth peanut butter (90 g)
- 1/2 cup milk (120 ml)
- 2 tablespoons neutral oil (30 ml)
- 3 tablespoons plus 1 teaspoon sugar (40 g)
- 1 large egg
- Dried apricots, checked and finely chopped (3 1/2 oz/100 g)

Set out

8-inch/20 cm square baking pan, Baking parchment, Small saucepan, Mixing bowl and whisk, Food thermometer, Cooling rack and knife

Allergens

peanut, milk, egg, wheat. Check labels and substitutions.

Make it

1. Heat oven to 350°F/180°C. Line the square pan with parchment. Mix oats, flour, baking powder and salt in the bowl.

2. Put peanut butter, milk, oil and sugar in the saucepan. Warm gently for 2–3 minutes, stirring only until the peanut butter loosens; do not boil. Remove from heat and cool for about 5 minutes until lukewarm, then whisk in egg.

3. Fold wet mixture and chopped apricots into the dry bowl. Press evenly into the lined pan. Bake for 25–30 minutes until the center is set, has no wet batter and reaches at least 160°F/71°C.

4. Cool in the pan on the rack for 45 minutes, then lift with parchment and cut into twelve bars in a three-by-four grid. Refrigerate saved portions promptly after this cooling period.

Freeze single portions

Wrap individual cooled bars before freezing so one snack can be taken out without thawing the entire batch.

Ingredient labels

Peanut butter, milk, egg and flour supply peanut, milk, egg and wheat. Oats may have wheat/barley cross-contact; dried apricots can contain sulfites or other added ingredients.

A useful detail

The 105-minute total includes the 45-minute cooling needed for clean cuts. Warm mixture must become lukewarm before egg is added.

Keep it well

Refrigerate bars within 2 hours of baking, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. In hot conditions shorten the rack cooling and finish chilling in the refrigerator. Freeze wrapped promptly cooled bars for up to 2 months and thaw in the refrigerator.