

# PEANUT BUTTER & JELLY COOKIE SANDWICHES



**INGREDIENTS** Serves: 12 cookie sandwiches | Serving Size: 1 cookie sandwich

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**creamy peanut  
butter**

1 + 1/3 cup



**unsweetened  
applesauce**

1 cup



**egg**

1 large egg



**old-fashioned oatmeal**

3 cups



**baking soda**

1 teaspoon



**fruit preserves, any flavor**

1/3 cup

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# INSTRUCTIONS

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## 1. PREHEAT OVEN



Preheat oven to 350°F. Line baking sheet with parchment paper or spray with oil and set aside.

## 2. PREPARE COOKIE BATTER



In a large bowl, combine 1 cup peanut butter (hold the rest for later), applesauce, and egg until well blended.

## 3. ADD OATS & BAKING SODA



Add the oats and baking soda and mix until just combined.

## 4. PLACE COOKIES ON PAN



Using a tablespoon as a scoop, drop one tablespoon size portion of dough a few inches apart on the baking sheet. Flatten the top of each cookie.

## 5. BAKE & SANDWICH COOKIES



Bake cookies for 7-8 minutes. Once cookies have cooled completely, turn them all over and spread half of the cookie bottoms with peanut butter and the other half with fruit preserves. Sandwich together and enjoy.

### NUTRITION INFORMATION

Calories: 240

Total Carbohydrate: 26g

Protein: 10g

Total Fat: 12g

Dietary Fiber: 2g

Sodium: 290mg

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