



Down Syndrome Achievement Centers
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Kitchen Safety Tips:

1. Put long hair up in ponytails.
2. Wash your hands:
 - a) First thing before touching any food
 - b) If you cough or sneeze into your hand
 - c) After touching raw meat (before you touch anything else)
 - d) After you touch anything greasy
3. Use knives safely
 - a) Make sure your fingers are safe
 1. Push down on the top of the knife
 2. Hold food with claws not squids!
 - b) Try to make a flat surface on your food as soon as possible
4. Keep pot handles on the stove facing away from the front.
5. Always use potholders when touching pots and pans!

Oatmeal Peanut Butter Chocolate Chip Breakfast Bars

Ingredients:

- 1 Cup rolled oats
- ¼ cup gluten-free flour
- ½ tsp cinnamon
- ¼ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 2 tbsp coconut oil
- 2 eggs
- ¼ cup maple syrup
- ¼ cup peanut butter (can be crunchy or creamy)
- ½ tsp vanilla extract
- 1/3 cup chocolate chips

What You Will Need:

- 8x8 inch pan
- Two mixing bowls (one that is microwave safe)
- Measuring cups
- Rubber spatula
- Whisk



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Directions:

- Preheat the oven to 350 degrees and line the 8x8 pan with parchment paper or grease.
- In a medium bowl, mix the oats, flour, cinnamon, baking powder, baking soda, and salt, and set aside.
- In a microwave-safe bowl, melt the coconut oil by putting it in the microwave for 15-20 seconds. Next, beat in the eggs.
- Add in the maple syrup, peanut butter, and vanilla extract. Mix until combined.
- Pour in the “wet ingredients” (from the last two steps), into the dry mix from the second step, and mix until combined.
- Using a rubber spatula, fold in the chocolate chips, then spread the mixture evenly into the pan.
- Bake for 20-25 minutes or until golden brown, let cool before cutting into squares or rectangles.