

Oatmeal – More Than Just Mush!



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Oatmeal Recipes

Awesome Oatmeal Cookies

½ cup mashed white beans
¼ cup canola oil
1 cup brown sugar
½ cup granulated sugar
1 egg
1 tsp. vanilla

3 cups old fashioned
rolled oats
1 cup whole wheat flour
1 tsp. salt
½ tsp. soda



Preheat oven to 350° F. Beat mashed white beans, brown sugar, granulated sugar, egg, and vanilla until smooth and creamy. Combine remaining ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

Yield: approximately 36 cookies

Nuts, coconut, raisins, and/or chocolate chips may be added with dry ingredients.

Oatmeal Cake

1½ cup boiling water
1 cup old fashioned rolled oats
½ cup canola oil
1 cup brown sugar
1 cup sugar

2 eggs, well beaten
1½ cups flour
1 tsp. cinnamon
½ tsp. baking soda
½ tsp. salt

Pour boiling water over oats and let stand until cool. Cream canola oil with sugars and eggs until fluffy. Add oats and water mixture. Sift flour with other dry ingredients and blend into creamed mixture. Pour into greased and lightly floured 9x13 inch pan. Bake at 350° F. for 35 to 45 minutes or until cake tests done. Spread topping (below) on cake as soon as it comes from the oven.

Topping

½ cup (1 cube) butter or margarine
1 cup brown sugar
½ cup evaporated milk
1 cup coconut
1 cup nuts, chopped
1 tsp. vanilla

Melt butter and add sugar. Blend. Add remaining ingredients and spread on baked hot cake. Place under broiler for a minute or two, if desired.

Revel Fudge Bars

Filling:

1 cup chocolate chips
½ cup margarine
1 can (14 ounces) sweetened condensed milk (NOT evaporated milk)
¾ cup chopped walnuts, if desired

Crust:

1 cup butter, softened	2 cups flour
1 cup sugar	1 tsp. soda
1 cup packed brown sugar	3 cups quick oatmeal
2 eggs	

Heat oven to 350° F. Melt chocolate chips and ½ cup butter in the sweetened condensed milk over low heat in a heavy saucepan. Stir in nuts and set aside.

Cream 1 cup butter and sugars, mix in eggs. Stir in dry ingredients. Press two-thirds of crust mixture into a 13x9 inch pan. Spread with chocolate filling mixture. Crumble remaining mixture evenly over chocolate.

Bake 30 minutes or until golden brown. Cool. Cut into bars.

Food Storage Cookies

1 cup softened margarine	2 cups whole wheat flour
1 cup shortening or 1 cup pureed beans	2 cups old fashioned rolled oatmeal
1½ cups white sugar	2 tsp. salt
1½ cups brown sugar	2 tsp. baking soda
5 eggs	Optional: Raisins, Nuts, Chocolate Chips,
2 Tbsp. vanilla	spiced jelly drops, M&M's etc.
5 cups white flour	

Cream margarine and shortening (or beans) together. Add brown and white sugar. Cream together. Add eggs one at a time. Add vanilla. Beat well. In separate bowl, sift together dry ingredients. Add to creamed mixture. Drop dough on cookie sheet sprayed with non-stick cooking spray. Bake at 350° F. for 15 minutes.

No Bake Oatmeal Cookies

2 cups sugar	½ tsp. salt
½ cup milk	1 tsp. vanilla
½ cup margarine	4 cups quick oats
3 Tbsp. cocoa	

Mix all ingredients except oatmeal in large saucepan. Boil slowly. Remove from heat. Add oatmeal. Drop by teaspoons onto waxed paper. Let cool.

Granola

6 cups old fashioned rolled oats
½ cup brown sugar
¾ cup wheat germ
½ cup shredded coconut
¼ cup sunflower seeds

1 cup chopped nuts
½ cup vegetable oil
¼ cup honey
1½ tsp. vanilla
M&M's, optional*

Heat oats in ungreased 9x13 inch pan at 350° F. for 10 minutes. Combine dry ingredients with warm oats. Mix together oil, honey, and vanilla. Pour over oat mixture. Stir. Bake at 275° F. for 30 minutes.

(*I add a package of M&M's to this after the granola is completely cool. The kids will eat the candy first - but then they will eat the remainder.)

Granola Peanut Butter Bars

½ cup corn syrup
¾ cup peanut butter
3 cups granola

Lightly grease a 9x9 inch pan. Heat corn syrup in a large pan. Boil 1 minute. Add peanut butter, stirring until smooth. Add granola and mix. Pat into pan. Cool then cut into bars.

24 Karat Cookies

6 - 7 cups flour
1 Tbsp. baking powder
1 Tbsp. baking soda
1 tsp. salt
2 cups old fashioned rolled oats
2 cubes margarine (1 cup)

1 cup shortening
4 eggs
3 cups sugar
1 tsp. vanilla
1 tsp. almond flavoring
3 cups raw carrots, grated, firmly packed

Preheat oven to 350° F. Sift together flour, baking powder, soda, salt and oatmeal. In the large bowl, cream the margarine, shortening, and sugar. Beat in eggs and flavorings. On low speed, add sifted dry ingredients, scraping bowl with rubber spatula and beating only until thoroughly mixed. Add the carrots. Drop by teaspoonful onto a greased cookie sheet. Bake 12-15 minutes. Cookies are done when they are golden colored and tops spring back if lightly pressed with a fingertip. With a wide metal spatula, transfer the cookies to racks to cool. If desired, ice the cookies with cream cheese or almond flavored icing.

Cinnamon Oatmeal Pancake Mix

4 cups quick cooking oats	1 Tbsp. cinnamon
2 cups flour	2 tsp. salt
2 cups whole wheat flour	3 Tbsp. baking powder
1 cup non-fat dry milk	½ tsp. cream of tartar
½ cup sugar	

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. canola or olive oil gradually. Alternately stir in 2 cups pancake mix and 1 cup of water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over. Cook about 2 to 3 minutes.



Refrigerator Oatmeal Muffin Mix

2½ cups whole wheat flour	2¼ cup boiling water
1¼ cup all-purpose flour	¾ cup canola oil
4 tsp. baking soda	1¼ cups packed brown sugar
¾ tsp. salt	3 eggs, slightly beaten
4 cups quick-cooking oats	3 cups fresh buttermilk

In medium bowl, combine whole-wheat flour, flour, baking soda and salt. Stir with wire whisk to blend; set aside. Measure oats into large bowl. Pour boiling water over oats. Let cool about 10 minutes. Add oil, brown sugar, eggs, and buttermilk. Beat vigorously by hand or with electric mixer about 1 minute to blend. Stir in flour mixture by hand until just blended. Pour into a 12-cup container with a tight fitting lid. Label container with date and contents. Store in refrigerator. Use within 6 weeks. Makes about 12 cups OATMEAL MUFFIN MIX or about 50 muffins.

Baking Instructions: Preheat oven to 375° F. Generously grease 12 muffin cups. Gently stir OATMEAL MUFFIN MIX. Fill prepared muffin cups about ¾ full. Bake about 25 minutes in preheated oven until golden brown. Makes 12 muffins.

Spiced Oatmeal Mix

8 cups quick-cooking oats	1 Tbsp. cinnamon
½ cup packed brown sugar	1½ tsp. ground nutmeg
2 tsp. salt	

Combine all ingredients in large bowl, stirring with wire whisk until evenly distributed. Pour into 10-cup container with a tight fitting lid. Seal container. Label with date and contents. Store in cool, dry place. Use within 6 months. Makes about 10 cups of mix.

Spiced Oatmeal

1 cup water
1 cup SPICED OATMEAL MIX
Milk

In a small saucepan, bring water to a boil. Stir in SPICED OATMEAL MIX. Stirring occasionally, simmer over medium-low heat 1 to 2 minutes. Serve with milk. Makes 1 serving.

Spicy Oatmeal Pancakes

2 cups SPICED OATMEAL MIX
2 cups hot milk
½ cup canola oil
2 eggs, slightly beaten
½ cup flour
2 teaspoons baking powder

In medium bowl, combine SPICED OATMEAL MIX, hot milk and canola oil, stirring with wire whisk to blend. Set aside to cool. Beat in eggs one at a time until blended. Stir in flour and baking powder until just blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Pour about ⅓ cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubble form. Turn with wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about 18 3-inch pancakes.



Spiced Peach Cobbler

1 large can sliced peaches
2 cups SPICED OATMEAL MIX
1 cup lemon, yellow, French vanilla, or spice cake mix
1 cube margarine (½ cup)

Preheat oven to 350° F. Spray a 3-qt. casserole dish with cooking spray. Pour canned peaches into dish including about half of the juice. In bowl, combine SPICED OATMEAL MIX and cake mix. Sprinkle over peaches. Slice pieces of margarine over cobbler. Bake 30 minutes at 350° F. Serve with ice cream or whipped cream.

Basic Oatmeal Mix

3 cups flour
3½ tsp. baking powder
1½ tsp. salt
½ cup granulated sugar
1 cup brown sugar
1½ cups vegetable shortening
3 cups rolled oats

In large bowl, sift together flour, baking powder, salt and granulated sugar. Stir in brown sugar. Mix well. With pastry blender, cut in shortening until evenly distributed. Stir in oats and mix

well. Put in a large airtight container. Label. Store in cool, dry place. Use within 10 to 12 weeks. Make about 9 cups BASIC OATMEAL MIX.

Oatmeal Muffins

1 egg
2/3 cup milk
3 cups BASIC OATMEAL MIX

Preheat oven to 400° F. Generously grease muffin pans. Put BASIC MUFFIN MIX in a medium bowl. Combine egg and milk in a small bowl. Add all at once to BASIC OATMEAL MIX. Stir until just moistened; batter should be lumpy. Fill prepared muffin pans 2/3 full. Bake 15 to 20 minutes until golden brown. Makes 12 large muffins.

Oatmeal Pancakes

1½ cups BASIC OATMEAL MIX
1 cup water
1 egg, slightly beaten

In medium bowl, combine BASIC OATMEAL MIX, water and egg. Blend well. Let stand 5 minutes. Cook on a hot oiled griddle about 3 to 4 minutes, until browned on both sides. Makes 12 to 15 4-inch pancakes.

Peach Blossom Dessert

2½ cups BASIC OATMEAL MIX
½ cup brown sugar, firmly packed
1 (21 oz.) can peach pie filling
Ice cream or whipped cream, if desired

Preheat oven to 375° F. Lightly grease a 9-inch square pan. Combine BASIC OATMEAL MIX and brown sugar in medium bowl. Press half of mixture into prepared pan. Pour peach pie filling over top. Crumble remaining half of oatmeal mixture over the peach filling. Bake 30 minutes, until lightly browned. Cut in large squares. Serve warm with ice cream or whipped cream. Makes 8 to 10 servings.

Variations: Try cherry, blueberry, or apple pie filling instead of peach pie filling.



Carmelita Oatmeal Bars

Caramel Filling:

1 (14 oz.) pkg. caramels

¼ cup evaporated milk

Caramel Filling Instructions:

In a medium saucepan, melt caramels in evaporated milk. Cook over low heat about 5 to 10 minutes, stirring constantly, until caramels are melted. Keep warm.

Bar ingredients:

3½ cups BASIC OATMEAL MIX

1 (6 oz.) pkg. milk chocolate chips

½ cup sugar

½ cup chopped nuts

½ cup butter or margarine, melted

Bar Instructions: Preheat oven to 350° F. Combine BASIC OATMEAL MIX and sugar in a large bowl. Add melted butter or margarine. Press half of mixture into a 9x13-inch pan that has been sprayed with cooking spray. Bake about 10 minutes, until edges are browned. Sprinkle chocolate chips and nuts over oatmeal layer. Drizzle Caramel Filling evenly over chocolate chips and nuts. Sprinkle remaining oatmeal mixture over top. Press down slightly. Bake 15 more minutes, until edges are browned. Cool thoroughly. Cut into 2 inch squares. Makes about 24 to 30 bars.

Porcupine Meatballs

1½ lbs. lean ground beef

1 can tomato sauce

1 cup cooked, cooled rice

½ cup dry bread crumbs

½ cup wheat berries, optional

¼ tsp. chili powder

½ cup oatmeal

½ tsp. seasoning salt

1 egg, slightly beaten

¼ tsp. black pepper

¼ cup finely chopped onion

Combine all ingredients; mix well. Form into balls, each about 2 inches in diameter. Place in casserole dish. Cover with sauce (below). Bake at 350° F for about 45 minutes. Makes 6 to 8 servings, 2 large meatballs each.

Sauce:

½ cup brown sugar

1 tsp. Worcestershire sauce

½ cup bottled barbecue sauce

½ tsp. seasoning salt

½ cup catsup

½ tsp. chili powder

1 can tomato soup

Combine all ingredients and blend thoroughly. Heat and simmer about 3 minutes. Pour over meatballs.