



Diary of a Wombat

GRAINS LESSON

Recipes to try at home

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FOOD, FUN & READING
Cultural Adventure

Overnight Oatmeal

Serves: 1



Ingredients

- 1/2 cup oatmeal
- 1/2 cup milk
- 1/2 tsp honey
- 1/4 tsp vanilla
- Mix-in ideas: add fresh or dried fruit, nuts, chia seeds, peanut butter or yogurt

Instructions:

1. Place all ingredients into a glass jar or bowl. Mix until just combined.
 2. Cover container with lid or plastic wrap
 3. Place in refrigerator for at least 2 hours or overnight
- Note: Mix-ins can be added when making or immediately before serving

Oat Banana and Carrot Muffins

Serves: 22-24

Ingredients:

- ¾ cup whole wheat flour
- ½ cup old fashioned/rolled oats
- 1 ½ medium ripe bananas, mashed
- 1 medium carrot, shredded
- ¼ cup brown sugar 9or white sugar)
- 1 large egg
- ¼ cup water
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp salt

Instructions:

1. Preheat oven to 350
 2. Dry Ingredients: Mix together flour, oats, sugar, baking powder, ground cinnamon, and salt until combined. Make sure to break up the brown sugar so there are not sugar clumps.
 3. Wet ingredients: Mix together banana, shredded carrot, water and egg.
 4. Combine wet and dry ingredients, only mixing as much as needed to JUST combine the ingredients 9When all specks of flour are no longer present, stop mixing).
 5. Grease a mini muffin tray.
 6. Divide mixture between the cups.
 7. Bake for 12-14 minutes or until an inserted toothpick comes out clean.
- Makes 22-24 mini muffins.



Extension

UtahStateUniversity.



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