

Oatmeal

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Oatmeal Kisel (Jelly).

Description:

Oatmeal Kisel sounds original and even unusual, but will be the perfect dish for breakfast and dinner. Oatmeal Kisel (Jelly) like pudding. It is a delectable dish for fine food lovers. Tender, mild taste will conquer you. Oatmeal Kisel cleans our bowels and of course it is very valuable for our skin.

Ingredients:

2 tsp oatmeal flour (or 4 tsp, to taste, if you like thick jelly) .
2 tbsp honey.
8 oz milk.

Method:

1. Put oatmeal flour in a pan and pour over warm water and stir thoroughly so there are not any lumps.
2. Leave to swell for 6-8 hours, then add honey and salt to taste and cook on low heat, stirring regularly until dense.
3. Pour hot kisel into molds and leave to congeal. Serve with cold milk.

Healthy Oatmeal Cutlets.

Ingredients:

2 cups oatmeal, flakes, cooked in the 2 cups water.

200 g (7 oz) butter.

3 onions, finely chopped and fried in the oil.

1 egg, beaten.

2 cup bread crumbs,

50 g (1,8 oz) cheese, grated.

4 - 5 garlic cloves, crushed.

salt to taste.

oil to fry

wheat flour to coat.

Method:

1. Combine all ingredients. Stir thoroughly.
2. Shape balls from the mixture, coat each ball with the flour.
3. Fry the cutlets them in large skillet for approx. 5 - 7 minutes per side or until done and to suit your taste.
5. Serve hot.

Oatmeal Cookies.

Ingredients:

2 cups flour
pinch salt
3 cups rolled oats
150 g (5,3 oz) margarine
0,5 tsp baking soda
1/3 cup milk
1/2 cup brown sugar
3/4 cup peanut butter
1 cup coconut
0,5 tsp cinnamon
2 - 3 eggs

Directions:

1. In a mixing bowl combine margarine, peanut butter and sugar.
2. Add remaining ingredients.
3. Drop by tea spoons full and flatten slightly.
4. Bake at 350 degrees for 10-12 minutes on un greased cookie sheet.

Oatmeal Cookies with walnuts and chocolate.

Ingredients:

pinch salt
1 beaten egg
0,5 cup melted butter
1 cup sugar
0,5 tsp baking powder
3 tbsp all-purpose flour
1 cup oatmeal

For decoration:

chopped walnuts and melted chocolate

Directions:

1. In medium bowl, combine the oatmeal with all ingredients, set aside.
2. Preheat oven to 350 degrees.
3. Drop dough by small teaspoonfuls, 3 inches apart on parchment (or foil) lined cookie sheets.
4. Bake for 10-12 minutes or until lightly browned. Remove when cool.
5. Melt chocolate on medium in microwave and spread on backs (shiny side) of cookies. Sprinkle finely chopped walnuts over melted chocolate.

Banana Oatmeal Chocolate Chip Cookies

Serving Size: 48

1 1/2 c. all purpose flour
1 c. sugar
1 t. salt
1/2 t. baking soda
1/2 t. ground cinnamon
1/4 t. ground nutmeg
3/4 c. butter - softened
1 egg
1 cup mashed ripe bananas - about 2
1 3/4 c. quick cooking oats
1 c. (6 oz.) semisweet chocolate chips
1/2 c. chopped walnuts

In a mixing bowl, combine dry ingredients; beat in butter until mixture resembles coarse crumbs. Add egg, bananas and oats; mix well. Stir in chips and nuts. Drop by tablespoons full onto greased baking sheets. Bake at 375 F for 13 - 15 minutes or until golden brown. Cool on wire racks.

Healthy, Moist Oatmeal Zucchini Cookies

I've tried several recipes and the one is my favorite.

1/2 cup shortening
3/4 cup honey
1 egg
1 cup whole wheat flour *
1 cup all-purpose flour
1 tsp baking soda
1 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp salt
1 cup grated zucchini
1 cup oatmeal
1 cup raisins

* Depending on what taste you prefer, you can use all whole wheat or all refined flour.

Preheat the oven to 375 degrees F. Cream together the shortening and honey. Then add the egg and beat well. Stir together baking soda, cinnamon, nutmeg, and salt. Add this mixture alternately with the zucchini to the egg mixture. Stir in the oatmeal and raisins. Drop by teaspoons onto greased cookie sheets. Bake for 10 to 12 minutes.

Yield: 5 dozen

Oatmeal cookie recipe tnt

The secret to a great batch is pulling the baking tray out before they dry out.

I have not figured out how to gauge this yet. I have pulled them out far too soon or just past the perfect point where they a bit dry.

6 tablespoons granulated white sugar
1/2 cup brown sugar; packed
1/2 cup butter; softened
1/2 teaspoon vanilla extract
1 egg
3/4 cup all purpose flour
1/2 teaspoon baking soda
1 cup Quaker Oats; any variety, uncooked
1/2 teaspoon salt
1 tablespoon water
1/2 cup seedless raisins

Heat oven to 325:F. Sift together flour and soda in a bowl. Stir in oats and salt. In a separate bowl cream together sugar, brown sugar and butter. Add egg and vanilla to the creamed mixture and beat in until smooth. Add dry mixture; then add water and mix. Add raisins and mix well. Drop 1 tsp. of batter on a cookie sheet and bake 10-12 minutes or until light brown.

Variations: Replace raisins with chocolate chips.

Nutrition information Per Cookie with raisins Energy 74 calories
Carbohydrates 10g Fat 2.9g Dietary Fibre 0.4g

Nutrition information Per Cookie with chocolate Energy 79 calories
Fat 3.8 g Dietary Fibre 0.3g

Oatmeal Raisins Cookies

- 1 1/4 cups sugar (I use 1/2 white 1/2 brown)
- 1 cup butter
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 2 eggs
- 3 cups quick-cooking or old-fashioned oats
- 1 1/3 cups sifted all-purpose flour
- 1 cup raisins, softened in warm water

Heat oven to 350. Beat all ingredients except oats, flour and raisins in large bowl with electric mixer on medium speed, or mix with spoon. Stir in oats, flour and raisins.

Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 9 to 11 minutes or until light brown. Immediately remove from cookie sheet to wire rack.

Oatmeal raisin cookies

Ingredients:

1 1/2 cup quick oats
1 cup sweet rice flour
1/2 cup whole wheat flour (can substitute all whole wheat flour)
1/2 cup olive oil
8 tablespoons maple syrup
1/4 teaspoon salt
water
raisins

Mix flour and oats. Rub oil into mixture. Add syrup, salt and enough water to make wet but not runny mix. Add as many raisins as you like. Drop by tablespoon onto oiled cookie sheet. Bake at 350F for 12 minutes. Note: If dough is refrigerated, add more water. Makes approximately 24 cookies, depending on size.

Chocolate Drop Oatmeal Cookies

1 Stick butter
2 cups Sugar
1/2 cup Cocoa
1/2 cup Milk
2 1/2 cups Quick-cooking oats
1 teaspoon Vanilla
1/2 cup Creamy peanut butter

Bring butter, sugar, milk, and cocoa to a rolling boil. Remove from heat and blend in peanut butter, vanilla, and oats.

Drop by heaping teaspoonfuls onto waxed paper and let cool.

Ranger Cookies

1 cup butter (do not substitute)
1 cup sugar
1 cup packed brown sugar
2 eggs
2 cups corn flakes cereal
2 cups oatmeal
2 cups flour
2 tsp. baking soda
1 tsp. baking powder
1/2 tsp. salt
1 cup coconut
1 tsp. vanilla

Cream butter and sugars then add eggs. Next add corn flakes and oatmeal, then dry ingredients, which have been sifted together. Add coconut and vanilla. Drop by teaspoon onto greased cookie sheet and bake 10 to 12 minutes at 325.

Makes about 7 doz. cookies

Chocolate chip oatmeal cookies

1/2 cup solid vegetable shortening
1/2 cup (1 stick) unsalted butter, room temperature
3/4 cup sugar
3/4 cup firmly packed dark brown sugar
2 eggs
1 3.4-ounce package vanilla instant pudding mix
1 tablespoon vanilla extract
1 teaspoon baking soda
1 teaspoon water
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon salt
1 cup old-fashioned oats
2 1/4 cups all purpose flour
1 12-ounce package semisweet chocolate chips
1 1/2 cups chopped walnuts (about 6 ounces)

Preheat oven to 375°F. Butter heavy large cookie sheets. Beat vegetable shortening and unsalted butter in large bowl until light. Gradually add white and brown sugars and beat mixture until fluffy. Add eggs 1 at a time, beating well after each addition. Add vanilla pudding mix, vanilla extract, baking soda, water, ground cinnamon, ground nutmeg and salt and mix until well blended. Mix in oats, then flour. Stir in chocolate chips and walnuts.

Drop cookie dough by large rounded spoonfuls (about 3 tablespoons each) onto prepared cookie sheets, spacing 2 inches apart. Bake until cookies appear dry and tops are lightly cracked and soft when pressed, about 12 minutes (do not overbake). Cool cookies 5 minutes on cookie sheets. Transfer cookies to racks and cool. (Store cookies in airtight container.)

Makes about 30.

Neiman's Chocolate Chip Cookies

5 c. large flake oatmeal, ground*
2 c. butter or margarine. (some of each tastes best)
4 c. flour
2 tsp. baking soda
2 tsp. baking powder
2 c. white sugar -- (or a little less)
2 c. brown sugar
4 eggs
2 tsp. vanilla
1 tsp. salt
24 oz. choc. chips (2 large bags), (or use 1)
8 oz. Hershey bar, grated (opt)

Use a food processor or blender to grind the oatmeal, *(I have used 4 1/2 c. quick oats unground, with success) Combine all dry ingredients well. In a very large bowl, cream butter, eggs and vanilla. Add well mixed dry ingredients to the creamed mixture, combine well. Preheat oven to 375 deg. Drop cookies onto UNGREASED cookie sheet. Bake 9-10 min. Don't over bake and they will be soft and chewy. Store in a glass jar, or freeze. You can freeze the dough for a short time too.

Variations: Divide the batter into 2 or 3 portions before you add the chocolate chips, add chocolate chips to one, raisins and 1 Tsp. cinnamon to another, and 1 heaping Tbsp. cocoa and white chocolate chips to another.

Oatmeal Chocolate Chip Cookies

1 cup brown sugar
1 cup sugar
1 1/4 cups shortening
1 tsp salt
1 3/4 cups flour
1 1/4 tsp baking soda
1 1/4 tsp vanilla
1 cup walnuts, chopped
1 large pkg chocolate chips
2 1/4 cups quick oats

Cream shortening and sugars. Add remaining ingredients, folding in chocolate chips last. Bake at 350 degrees for 15 - 20 minutes.

Oatmeal Muffin Mix

2 1/2 cups whole-wheat flour
1 1/4 cups flour
4 teaspoons baking soda
3/4 teaspoon salt
4 cups quick cooking oats
2 1/4 cups boiling water
3/4 cup vegetable oil
1 1/4 cups brown sugar, packed
3 eggs, slightly beaten
3 cups buttermilk

In a medium bowl, combine whole wheat flour, flour, baking soda and salt. Stir with wire whisk to blend; set aside. Measure oats into a large bowl. Pour boiling water over oats. Let cook about 10 minutes. Add oil, brown sugar, eggs and buttermilk. Beat vigorously by hand or by electric mixer 1 minute to blend. Stir in flour mixture just until blended. Pour into a 12-cup container with a tight-fitting lid. Attach 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 degrees F. Generously grease 12 muffin cups. Gently stir Oatmeal Muffin Mix. Fill prepared muffin cups 3/4 full. Bake about 25 minutes in preheated oven until golden brown. Makes 12 muffins.

Variation: Stir in 1/4 cup chopped nuts, shredded coconut or dried fruit.

The essential crunchy oatmeal cookie

This oatmeal cookie is crumbly-crunchy, the lightest-textured of all the oatmeal cookies we tested. If you're not a raisin-lover, leave them out; but we feel both raisins and nuts give a plain oatmeal cookie pizzazz.

Makes 4 dozen cookies

Ingredients:

3/4 cup (6 ounces) brown sugar
3/4 cup (5 1/4 ounces) granulated sugar
8 tablespoons (1 stick, 4 ounces) unsalted butter
1/2 cup (3 1/4 ounces) vegetable shortening
1 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/8 teaspoon cloves
2 teaspoons vanilla extract
1 large egg
3 cups (10 1/2 ounces) rolled oats
1 cup (4 1/4 ounces) unbleached all-purpose flour
1 cup (6 ounces) raisins, packed (optional)
1 cup (4 ounces) diced pecans or walnuts (optional)

Preparation:

Preheat the oven to 325°F. Lightly grease or line with parchment two baking sheets.

In a large mixing bowl, cream together the sugars, butter, shortening, salt, baking powder, spices and vanilla, beating until smooth. Beat in the egg, then add the oats and flour. Stir in the raisins and nuts.

Drop the dough by tablespoonfuls onto the prepared baking sheets. Using the flat bottom of a drinking glass dipped in sugar, flatten each ball of dough to about 1/4-inch thick.

Bake the cookies for about 20 minutes, until they're golden brown. These are supposed to be crunchy, so don't under bake them. Remove them from the oven and cool on a rack.

Baking time: 20 minutes.

Essential Crunchy Oatmeal Cookie Variations:

Chocolate Chip-Oatmeal Cookies:

Add 1 cup (6 ounces) semisweet chocolate chips to the Essential Crunchy Oatmeal Cookie recipe.

Very Vanilla Oatmeal Cookies:

Add 1 vanilla bean, finely ground, to the Essential Crunchy Oatmeal Cookie recipe. This will add an assertive hit of pure vanilla to your cookies.

Trail Mix Jumbles:

Prepare the Essential Crunchy Oatmeal Cookie recipe, replacing the raisins with 1 cup (5 1/4 ounces) dried cranberries, and adding 2/3 cup (4 ounces) chocolate chips or candy-coated chocolates, and 1/3 cup (1 ounce) flaked coconut, unsweetened preferred.

Cranberry Chews:

Prepare the Essential Crunchy Oatmeal Cookie recipe, substituting 1 1/2 cups (7 7/8 ounces) dried cranberries and 1/2 cup diced walnuts for the raisins and nuts. Add 1/4 teaspoon orange oil, or 1 tablespoon grated orange rind.

More Essential Crunchy Oatmeal Cookie Variations:

Oat Scotchies:

Prepare the Essential Crunchy Oatmeal Cookie recipe, substituting 1 cup (6 ounces) butterscotch chips for the raisins and using diced pecans. Add a few drops strong butterscotch or butter-rum flavor, if desired.

Mocha Chip Oatmeal Cookies:

Prepare the Essential Crunchy Oatmeal Cookie recipe, adding 1/2 teaspoon espresso powder to the dough, and substituting 1 cup semisweet or bittersweet chocolate chips for the raisins, and 1 cup chopped macadamia nuts for the pecans or walnuts.

Coconutties:

Prepare the Essential Crunchy Oatmeal Cookie recipe, adding a few drops strong coconut flavor to the dough and substituting 2 cups (6 ounces) shredded unsweetened coconut for the raisins and nuts. If you use sweetened coconut, reduce the sugar (either brown, or granulated) in the recipe by 2 tablespoons.

Apricot Honey Oatmeal

(4 servings)

3-1/2 cups water

1/2 cup chopped dried apricots

1/3 cup honey

2 cups Quaker Oats, (quick or old fashioned uncooked)

1/2 teaspoon ground cinnamon

1/4 teaspoon salt (optional)

In 3-quart saucepan, bring water, apricots, honey, cinnamon and salt to a boil.

Stir in oats; return to a boil.

Reduce heat to medium; cook about 1 minute for quick oats (or 5 minutes for old fashioned oats) or until most of liquid is absorbed, stirring occasionally.

Let stand until of desired consistency.

Banana Orange Date Oatmeal

(4 servings)

2 cups orange juice

1 cup water

1/4 ts salt (optional)

1/8 ts ground nutmeg

1 and 1/2 cup oatmeal; uncooked (do not use instant)

3/4 cup chopped dates or raisins

1 medium ripe banana; mashed

In medium saucepan, bring juice, water, salt and nutmeg to a boil. Stir in oatmeal and dates or raisins. Return to boil, reduce heat. Cook 1 minute for quick oatmeal or 5 minutes for old-fashioned oatmeal, stirring occasionally. Stir in banana. Let stand until of desired consistency.

Basic Oatmeal Pie

(6 servings)

1 store-bought unbaked 9-inch pastry shell
1 cup quick-cooking rolled oats
3 eggs
1/4 cup butter
1/2 cup sugar
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1/4 teaspoon salt
1 cup corn syrup
Preheat oven to 350 degrees F.

In a large bowl, cream butter and sugar. Add cinnamon, cloves and salt; stir in corn syrup. Add eggs one at a time, mixing well after each addition.

Stir in rolled oats and pour entire mixture into the pie shell. Bake for about 1 hour, or until knife inserted in center comes out clean.

This is good on its own. But even better served with the fruit topping of your choice.

Apple Cinnamon Oatmeal

(1 serving)

1 c Water

1/4 c Apple juice

1 Tart apple, diced

2/3 c Rolled oats

1 Dash cinnamon

1 c Skim milk

Place water, juice and apples in a medium saucepan and bring to a boil.

Stir in the rolled oats and cinnamon. Return to boil, reduce heat and simmer until the porridge is thick. Serve hot with milk.

Baked Cranberry Oatmeal

(6 servings)

1 and 1/2 cups old fashioned oats
3 cups of milk
6 tablespoons of brown sugar
1 and 1/2 tablespoons butter or margarine
2 teaspoons ground cinnamon
1 and 1/2 cups finely chopped apples
3/4 cup dried cranberries
3/4 cup coarsely chopped walnuts
pecans or even peanuts
Preheat the oven to 350F degrees.

Coat square pan (9 inch) with nonstick spray.

In a large saucepan, bring the milk, brown sugar, margarine, and cinnamon to a boil.

Concurrently, in a large mixing bowl, mix together the oats, chopped apple, cranberries, and nuts; spread evenly into the prepared pan.

When the milk mixture begins to boil, pour out evenly over the oatmeal mixture.

Bake uncovered for 30-35 minutes, or until the liquid has been absorbed and the oatmeal is tender.

Cut the mixture into 6 servings, scooping each out into a cereal bowl.

Garnish with a sliced apple (if desired).

Fudge Bars

Ingredients:

6 oz. chocolate chips
3/4 c. plus 2 tbsp. oleo
1 (14 oz.) can sweetened condensed milk
1 tsp. vanilla
1 1/4 c. brown sugar
1 egg
1 1/2 c. flour
1 1/2 c. oatmeal
3/4 c. nuts

Directions:

Melt chocolate with 2 tablespoons oleo and milk. Add vanilla. Set aside. Cream 3/4 cup oleo and brown sugar. Add eggs and beat. Mix in flour and oatmeal. Press 2/3 into 15x10 pan. Reserve 1/3 for top. Spread chocolate mixture on top. Add nuts to remaining oatmeal mixture. Sprinkle on top. Bake 15-18 minutes at 350 degrees.

You won't believe how delicious this is!

Peanut Butter Oatmeal

(1 serving)

1/2 cup oatmeal

3 tablespoons of peanut butter

2 tablespoons of maple syrup

Cook oatmeal according to package directions. Meanwhile place peanut butter and maple syrup in a cereal bowl. When oatmeal is done simply pour into bowl and stir.

Try 2 tablespoons of honey instead of the maple syrup for an interesting twist.

Pumpkin Pecan Oatmeal

(7 servings)

2 cups Quaker Oats (quick or old fashioned, uncooked)
1 cup LIBBY'S® 100% Pure Pumpkin
1/3 cup firmly packed brown sugar
One 8-ounce container vanilla low-fat or nonfat yogurt
3 cups water
1 teaspoon pumpkin pie spice
1/4 teaspoon salt (optional)
3 tablespoons coarsely chopped toasted pecans

In medium saucepan, bring water, pie spice and salt to a boil; stir in oats. Return to a boil; reduce heat to medium. Cook 1 minute for quick oats, 5 minutes for old fashioned oats or until most of liquid is absorbed, stirring occasionally. Stir in pumpkin and brown sugar; cook 1 minute. Let stand until desired consistency.

Spoon oatmeal into four cereal bowls. Top with yogurt and pecans.

Amish Oatmeal

(6 servings)

1 and 1/2 cups Quaker quick oats

1/2 cup sugar

1/2 cup milk

1/4 cup melted margarine

1 egg

1 teaspoon baking powder

3/4 teaspoon salt

1 teaspoon vanilla

Warm milk to serve

fresh fruit -- brown sugar -- or other preferred topping

Combine the first 8 ingredients and mix well. Spread evenly in a greased 9 x 13 inch pan.

Bake at 350 F. for 25-30 minutes or until edges get golden brown.

Immediately spoon into bowls, add milk. Top with fruit and brown sugar, if desired.

Oatmeal Granola Bars

2 C. oatmeal -- uncooked
3/4 C. brown sugar
1/2 C. margarine
1 Dash soda

Boil sugar, shortening and soda. Add oatmeal and blend. Spread mixture in a well greased 8-inch square pan. Bake at 350 degrees for 10 minutes. Cut into bars while warm and let cool in pan before removing.

Diabetic big cookie

Ingredients

1 1/2 oz oatmeal, dry
1/3 cup nonfat dry milk
1 tsp baking powder
1 tsp cinnamon
2 tbsp raisins
2 tbsp peanut butter, chunky
1 tsp vanilla
1/2 banana, mashed, (adds sweet)
2 - 3 tbsp water

Directions

Combine all. Divide into 2 cookies on a sprayed baking sheet.
Bake at 350 F. for 5-8 min. Do not over-bake.

This makes 2 soft cookies.

1 cookie = 1 bread, 1/2 milk, 1 protein, 1 fat and 1 fruit.

Servings: 2

Chocolate chip oatmeal cookie With peanut butter and brown rice flour

Ingredients:

3 cups oatmeal
2 eggs
1/2 cup sugarless applesauce
1/2 cup plain yogurt
1/2 cup sugarless peanut butter
1/2 cup clover honey
1 tsp. vanilla
1/2 cup chopped walnuts
1 tsp. baking soda
1 tsp. baking powder
3 tsp. cinnamon
1 grated orange peel
1/2 cup brown rice flour
1 cup (or more) dark chocolate chips
Optional: some dried apricots for topping

Instructions:

Don't turn the oven on yet. First wash the orange and dry it.

Then put the oatmeal into a mixing bowl. Add the wet ingredients (eggs, applesauce, yogurt, peanut butter, honey, vanilla). Mix and let it soak while you prepare the rest.

Put the walnuts into a sealable plastic baggie and shut it tight. With the peanut butter jar roll the walnuts to crush them, turning the baggie over often. Use just gentle pressure. When crushed finely, dump them into the bowl.

Now grate the orange peel directly into the bowl. This takes the most time and muscle.

Add the small dry ingredients (baking soda, baking powder, cinnamon), and mix.

Now you can preheat the oven to 350°.

Mix in the rice flour and chocolate chips.

Put tin foil over two baking sheets. Lightly oil. Also lightly oil a spoon. With a non-oiled spoon scoop out some batter, and with the oiled spoon, scrape it off onto the cookie sheet. Place them in rows 4 by 5 (total 20 cookies) on each cookie sheet. Optional: thinly slice dried apricots and lightly smash a couple pieces onto each cookie.

Bake at 350° for 13 minutes. While the first sheet bakes, clean up your mess. Put the skinless orange into the empty walnut baggie, and use it for lunch tomorrow. While the second sheet bakes, eat the first batch. Take the second batch to Monday night football. The guys will think they are real cookies.

Raisin oatmeal scones

1 1/2 cups flour
1 cup oatmeal, uncooked
1 tsp baking soda
1/2 tsp salt
1/2 cup butter, soft
1/2 cup raisins - will use dried cranberries
1/2 cup sour milk
1 egg, beaten

Preheat oven to 400 F

Mix dry ingredients. Cut in butter and raisins. Stir in enough milk to moisten. Divide dough in half. Flour hands and pat dough into two circles about 1/2 inch thick on a greased cookie sheet.

Cut into quarters. Bake for 10 minutes. Brush on egg and then bake until golden brown. Serve with honey, butter, or jam.

Oatmeal and Currant Scones

1/4 cup orange juice
1/4 cup water
1 cup dried currants
2 cups rolled oats
3 cups all-purpose flour
1 teaspoon salt
2 teaspoons baking powder
1 teaspoon baking soda
3 tablespoons white sugar
1 cup unsalted butter, cubed
1 1/3 cups cold milk

Preheat the oven to 375 degrees F (190 degrees C).

Heat the orange juice and the water in a small pan, add the currants. Simmer the mixture for 1 minute, then let it sit until it cools slightly.

In a food processor, grind the oats with the flour, salt, baking powder, baking soda, and sugar. Add the butter. Run the machine in short spurts until the mixture has the consistency of sand.

Transfer the mixture to a large mixing bowl.

Add milk and orange/currant mixture to the large mixing bowl.

Stir until the mixture begins to hold together.

Form the dough into a large ball with your hands, adding a bit of milk if necessary. Press or roll out the ball of dough until it is 1 inch thick. Cut the dough into 16 squares or triangles.

Bake the scones on an ungreased baking sheet for 15 minutes or until they are lightly browned on the edges.

Oatmeal Toffee Cookies

3/4 cup butter, softened
1/2 cup packed light brown sugar
1 egg
1 teaspoon vanilla extract
1 1/2 cups rolled oats
1 cup all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup chopped pecans
2 cups toffee baking bits

Preheat oven to 300F. Line cookie sheets with parchment paper. In a medium bowl, cream together the butter and brown sugar. Stir in the egg and vanilla until smooth. Sift together the flour, salt and baking soda, stir into the creamed mixture. Then stir in the rolled oats. Finally, stir in the chopped candy bar pieces.

Drop dough by rounded tablespoons onto the prepared cookie sheets, and flatten slightly. Bake for 10 to 18 minutes in the preheated oven. Cookies will have a dry appearance when finished baking.

Plum oatmeal bread

2 c. flour
2/3 c. sugar
1 tbsp. baking powder
1 tsp. cinnamon
1 tsp. salt (optional)
1 c. quick-cooking oats
1 (16 oz.) can Thank You brand purple
plums, packed in heavy syrup
1 egg, beaten
1/4 c. vegetable oil

Drain plums and reserve 3/4 cup juice, pit and chop plums. In a mixing bowl, combine flour, sugar, baking powder, cinnamon, salt and oats. Stir chopped plums into flour mixture to coat well. Combine 3/4 cup plum juice, egg, and oil. Add to flour mixture, stirring just until dry ingredients are moistened. Pour into a greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Bake at 350 degrees for 60 to 70 minutes. Cool 10 minutes, remove from pan. Cool on wire rack. Makes 1 loaf.

NOTE: Flavor develops when rapped and stored overnight.

Preacher cookies

2 cups sugar
1/2 cup unsweetened cocoa
1/2 cup milk
1/2 cup margarine, 1 stick
dash of salt
1/4 cup peanut butter
1 teaspoon vanilla
2 cups oatmeal

First take out a nice 2 quart sauce pan. In it combine the sugar, cocoa, milk and margarine. Cook and stir the mixture over medium heat until the margarine melts, and the sugar dissolves. Bring the pot to a boil, and reduce the heat slightly. Simmer mixture for several minutes, until the chocolate forms a soft ball when dropped into a bowl of cold water. This is about 234 degrees on a candy thermometer. Remove the pan from the heat when it reaches the soft ball stage. Add the salt, peanut butter and vanilla. Stir until the peanut butter is dissolved. Finally stir in the oatmeal. The mixture may seem a little runny, but will thicken up as it cools. Drop the mixture from a tablespoon onto a sheet of waxed paper. It should form medium sized cookies. Depending on the size of the cookie, you may end up with as few as 15 or as many as 24.

Homemade Animal Crackers

1/2 cup oatmeal

2 tsp honey

1/4 to 1/8 tsp salt

3/4 cup flour

1/4 tsp baking soda

1/4 cup butter, softened

4 Tbsp buttermilk

Do not grease cookie sheet. Grind oatmeal in a blender until fine. Add honey, salt, flour and soda. Cut in butter. Add buttermilk.

Roll dough very thin; cut out with animal cookie cutters. Bake at 400 degrees (F) until brown, 10 to 12 minutes.

Caramel Apple Walnut Bars

1 3/4 cups granulated sugar
1 cup oatmeal
1/2 cup firmly packed brown sugar
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup margarine
20 caramels
1 can sweetened condensed milk
1 can apple pie filling
1 cup walnuts

Preheat oven to 350 degrees F.

Combine all dry ingredients. Cut in margarine until crumbly. Press three-quarters of this mixture into a 13 x 9-inch baking pan. Set aside.

In heavy saucepan over low heat, melt caramels with sweetened condensed milk, stirring until smooth.

Spoon apple filling over prepared crust. Top with caramel mixture. Sprinkle other quarter of crumb mixture over top, then nuts.

Bake for 20 minutes at 350 degrees F.

Oatmeal fudge

yield; 24

1 square (1 ounce) unsweetened chocolate
1/2 cup condensed milk
1 stick margarine
2 cups sugar
2 1/2 cups quick oatmeal
1/2 cup nuts, chopped

In saucepan slowly melt chocolate and margarine. Add sugar and condensed milk and increase heat, cook 1 1/2 minutes, remove and pour over oatmeal and nuts, beat well until cool enough to drop by spoonfuls onto waxed paper.

IHOP Harvest Grain and Nut Pancakes

Waffle/pancake Mix

7 3/4 cups all-purpose flour
1 1/8 cups Quaker quick oatmeal
1 1/2 cups whole wheat flour
3 1/2 cups corn meal
1 cup wheat bran
3/4 cup granulated sugar
2 cups finely chopped pecans
5 3/4 tablespoons baking powder
2 1/2 teaspoons baking soda
2 1/3 tablespoons dry malt
1 3/4 teaspoons salt

Mix all ingredients together. Store in an airtight container. Dry malt is available from home-brew stores or "scratch" bagel bakeries.

White chocolate chip oatmeal cookies

Prep Time: 15 minutes

Cook Time: 12 minutes per batch

1 cup butter or margarine, softened
1 cup firmly packed light brown sugar
1 cup granulated sugar
2 large eggs
2 teaspoons vanilla extract
3 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt
1-1/2 cups uncooked regular oats
2 cups (12 ounces) white chocolate morsels
1 cup coarsely chopped pecans

Beat butter at medium speed with an electric mixer until creamy; gradually add sugars, beating well. Add eggs, one at a time, beating just until yellow disappears after each addition. Stir in vanilla.

Combine flour and next 3 ingredients; gradually add to butter mixture, beating until blended. Stir in oats, morsels, and pecans. Drop by tablespoonfuls onto greased baking sheets.

Bake at 350 F for 12 minutes. Cool on baking sheets 3 minutes; remove to wire racks to cool completely.

Yield: About 5 dozen.

Baked Oatmeal, Cinnamon

Ingredients:

4 cups oatmeal
1/2 teaspoon salt
1/4 cup butter
2 large eggs, beaten
1 cup brown sugar
1 1/2 cups milk
2 tablespoons baking powder
2 teaspoons cinnamon

Preparation Method:

Mix all ingredients together.

Bake in 9x9 pan uncovered for 30-40 min. in 350 oven.

Oatmeal Breakfast Bars

Ingredient:

4 cups quick cooking oats
1 cup packed brown sugar
1 teaspoon salt
1 1/2 cups chopped pretzels (or nuts)
1 cup coconut -- flaked
3/4 cup butter -- melted
3/4 cup apricot jam (or orange marmalade)

Preparation Method

In mixing bowl, combine oats, brown sugar, and salt. Stir in remaining ingredients and mix well.

Press in to a greased 15x10" pan.

Bake at 425 for 15-17 minutes or until golden brown. Cut into bars.

Oatmeal fruit bars

Raisin and Date Filling:

1-1/2 cup raisins
1-1/2 cup chopped, pitted dates
3/4 cup orange juice
3/4 cup water
1 Tbsp grated orange zest
Non-stick vegetable cooking spray

Crust:

1/2 cup soft margarine, chilled
1/2 cup light brown sugar, firmly packed
1-1/2 cup unbleached all-purpose flour
1 tsp. cinnamon
1/2 tsp. baking soda
1-cup old-fashioned rolled oats

Prepare the filling: Combine the raisins, dates, orange juice and water in a medium saucepan. Bring the mixture to a boil over medium heat, stirring occasionally. Continue to boil, stirring for 10 minutes, until the mixture thickens and becomes like a paste. Remove the saucepan from the heat and stir in the orange zest. Let cool completely.

Preheat oven to 400F. Line a nonstick 13x9x2-inch baking pan with aluminum foil and spray the foil with nonstick cooking spray. Prepare the crust: Mix the margarine with the brown sugar in a medium size bowl until well blended. Beat in the flour, baking soda and oats until the mixture is crumbly.

Press half the oat mixture into the prepared pan. Spread the filling in an even layer over the oats. Sprinkle the remaining oat mixture over the filling and press down lightly.

Bake the bars for 25 minutes, or until the top is golden. Cut into 40 bars while still warm. Cool the bars completely and store them in an airtight container. Yield: 40 Bars.

Per Bar: 93 Cal; 3g Fat; 18g Carb; 00mg Cholesterol; 48mg Sodium; 1g Fiber.
Exchanges: 1 Fruit; 1/2 Starch; 1/2 Fat.

Apple crisp

It makes no difference what time of year it is or how hot it gets... this baking in your oven will make your family feel wonderful. And loved!

8 sm. apples (4-6 med.)

Sprinkle of cinnamon

3/4 c. oatmeal

3/4 c. brown sugar

1/2 c. flour

1 stick margarine

Mix together oatmeal, brown sugar, flour, and margarine for crumb topping. Place apples in 9x13 inch pan. Sprinkle cinnamon on top. Sprinkle crumb topping over all. Bake at 350 degrees for 35-40 minutes.

Banana and Oatmeal

1/4 C. rolled oats
1/2 C. formula or breast milk
1/3 whole banana
1/4 C. formula or breast milk

Combine oats with the 1/2 cup milk. Bring to a boil and simmer 5 minutes, stirring occasionally.

Meanwhile, mash banana and the 1/4 cup of milk. Stir this into the oatmeal mixture.

Breakfast Fruit Bars

Serving Size: 20

1 1/2 cups uncooked oatmeal
1 cup flour
1/2 cup brown sugar, packed
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup orange juice
1/4 cup vegetable oil
1 egg, lightly beaten
1 teaspoon vanilla
6 ounces diced dried mixed fruit
2 tablespoons oats

Combine 1 1/2 cups oats, flour, sugar, cinnamon, soda and salt. Combine juice, oil, egg and vanilla and add to dry ingredients. Mix well. Stir in fruit. Spread into a 13x9 inch pan that has been sprayed with no-stick cooking spray. Sprinkle with remaining oats. Bake at 375 for 20-22 minutes or until lightly browned and edges pull away from sides of pan. Cool completely. Cut into bars. Store tightly covered.

Bars may also be frozen in individual bags. Thaw at room temperature or microwave on high for 30 seconds per bar.

Makes 20 bars.

Sugar-Free Breakfast Bars

1 tbsp peanut butter
1 ounce, or more oatmeal
1 tsp honey
2 tbsp water
1/3 cup powdered milk
1 package sugar free nestle Quik
raisins (optional)

Mix and freeze in plastic wrap or foil.
May eat as a breakfast or make into small candy bars.
Very good substitute for fattening candy bars.

Nutritious Breakfast Bars

1 cup butter or margarine
1/2 cup molasses
2 cups whole wheat flour -- unsifted
2 teaspoons baking powder
1 cup uncooked oatmeal
1 cup chopped walnuts
1/2 cup brown sugar
4 eggs
1 cup wheat germ
1/2 teaspoon salt
1 cup raisins

In bowl, cream shortening until light. Beat in sugar and molasses. Beat in eggs, 1 at a time. Blend in unsifted flour, wheat germ, baking powder and salt, mixing well. Stir in oats, raisins and nuts. Spread evenly in greased 9 x 13 x 2-inch baking pan and bake for 30 minutes in preheated 350 degrees oven. Cool in pan. Cut into bars. Store in tin or wrap well in foil. Store in refrigerator or freeze to be used as desired.

100 Good Cookies

1 cup each of white and brown sugar

1 cup butter

1 cup oil

1 egg

Mix together in mixer

Add

1 cup Rice Krispies

1 cup coconut

1 cup oatmeal

Then mix 3-1/2 cups flour with 1 tsp. each of salt, soda, cream of tartar. Fold into sugar mixture and mix well. Drop on ungreased cookie sheets and press flat with sugared glass.

Bake at 350 for 12 minutes.

Muffins

Preheat oven to 425 degrees F.

Beat together in a bowl 1 egg, 1 cup milk and 2 tablespoons sugar. Add 3 cups Master Baking Mix. Stir just until dry ingredients are moistened. Spoon into greased muffin pans and bake 20 minutes.

Options: Add drained fruit, chopped nuts or chopped dried fruit. Replace 1/3 cup of Master Baking Mix called for with quick-cooking oatmeal or All-Bran cereal. Add chopped dried fruit and nuts to recipe and bake as a fruit bread in a greased 8 x 5-inch loaf pan. Bake 40 minutes at 350 degrees F.

Oatmeal Cookies

Place 2 1/4 cups Master Baking Mix in a bowl. Stir in 1 3/4 cups brown sugar and 1 teaspoon cinnamon. Combine 1/3 cup milk, 2 beaten eggs and 1/2 cup melted shortening. Stir into mix and blend well. Add 3 cups oatmeal and mix. Drop by rounded teaspoonfuls onto baking sheet. Bake at 375 degrees F for about 12 minutes.

Sunday Bread

Combine 2 cups Master Baking Mix, 1 cup oatmeal, 3/4 cup sugar, 1 teaspoon baking powder, 1/4 teaspoon salt and 1/2 cup raisins. Beat 1 egg and 1 1/4 cups milk together. Add to dry mixture and beat hard for 30 seconds.

Pour into a greased, 1 1/2-quart casserole. Bake at 325 degrees F for 1 hour and 10 minutes. Turn out onto rack to cool. When cool, wrap and store for a day for best slicing.

Oatmeal Cake

*cube of butter: 1/4 of a pound... the boxes come with 4 cubes that equal 1 pound. it is 1/2 cup... or 8 table spoons.

1/2 cup raisins
1 cup quick oats
1 cube butter or margarine*
1-1/2 cups water (boiling water)
1 cup sugar
1 cup brown sugar
2 eggs
1-1/2 cups flour
1 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon salt
1/2 teaspoon baking powder

1. Soak raisins (this rehydrates the raisins and makes them plump up. I use just enough hot water to cover the raisins and let them sit while I am getting everything else ready. Then I drain them just before I add them to the mix.)
2. Pour the 1-1/2 cups boiling water over quick oats and cube of butter. Let stand 20 minutes.
3. Add to the quick oats mixture the sugar, brown sugar, beaten eggs and the drained rehydrated raisins.
4. Sift (personally, I never bother to sift) and add the flour, soda, cinnamon, salt, and baking powder.
5. Beat until smooth.

Bake at 350 degrees for 35 minutes.

TOPPING:

1 cup sugar
1 cup coconut
1 cup chopped nuts
1 beaten egg
1 cube butter or margarine
1/4 cup evaporated milk
1 teaspoon vanilla

In a medium size saucepan: beat eggs and milk; pour over sugar, butter, coconut, and chopped nuts. Bring to a boil, stirring constantly so it won't stick or burn. Then reduce heat and cook slowly for 2 minutes. Add the vanilla. Spread evenly over cake. Broil the cake until it is brown and bubbly. (It will be a brownish-toasted look).

Star Wars Jedi Mix Cookies

1 cup butter
1 cup brown sugar
1 cup granulated sugar
2 eggs
2 teaspoons vanilla extract
3 cups all-purpose flour
1 cup dry oatmeal
1 teaspoon salt
1 teaspoon baking soda
1 cup chocolate chips
1 cup Star Wars Jedi Mix M&M's

Cream together butter and sugars. Add eggs and vanilla extract.

Combine flour, oats, salt and baking soda. Add to creamed mixture and mix well. Stir in chips and M&M's. Drop by teaspoons onto ungreased cookie sheet. Bake 10-12 minutes at 375 degrees F.

Makes five dozen.

#1 WW breakfast cookies (WW points=3)

3/4 cup Raisin Bran
3/4 cup oatmeal
2/3 cup dry milk
1/2 cup natural applesauce
1 medium banana, mashed
1 tsp. vanilla
1/2 tsp. cinnamon

Mix all by hand, bake on sprayed cookie sheet at 350 degrees for 20 minutes.

The whole batch is 12 points, so you can make 4 cookies, 3 pts. each, or any other size you like!!! Enjoy!

*** I didn't have any Raisin Bran on hand so I tried it with Special K Red Berries and broke up the berries into smaller pieces. It tasted great!"

#2 WW breakfast cookies

1 1/2 tsp baking powder
1 cup natural applesauce
2-3 pkts sweet & low
3 oz instant oatmeal
1/4 cup flour
1/4 cup raisins or dried fruit
1 1/3 cup dry skim milk powder
1 1/2 tsp cinnamon

Mix well. Divide into four cookies & bake on sprayed cookie sheet for 15 minutes
350 degrees.

Makes 4 lg cookies, 3 pts per cookie

* You can make 8 cookies instead of 4 if you wish smaller cookies.

Leftover Oatmeal Muffins

Ingredients:

1 cup Flour
1 cup Brown Sugar -- packed
1 teaspoon Baking Powder
1 teaspoon Baking Soda
1/2 cup Applesauce
2 Eggs -- beaten*
1 cup Oatmeal, cooked -- Left-over
1 cup Raisins -- or other additions
1 teaspoon Vanilla

Preparation Method

In a large bowl, combine flour, brown sugar, baking powder and baking soda. In a second large bowl, combine vegetable oil, eggs, oatmeal, raisins and vanilla. Add wet ingredients to dry ingredients and stir just enough to moisten the dry ingredients (batter will be thin and lumpy). Pour into 12 greased or lined muffin tins. Bake at 350 degrees F for 18 - 20 minutes or until muffins test done with a toothpick inserted into middle of muffin.

*Freeze well.

Whole wheat banana oatmeal chocolate chip cookies

1/2 cup butter or margarine-for no fat, substitute for unsweetened applesauce
2 ripe bananas (can use frozen bananas no problem)
1 egg
1 teaspoon vanilla extract
1 1/2 cups all purpose flour, for lower carb use a whole grain flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1 cup rolled oats
1/2 cup of chopped walnuts

My addition-as many semi sweet chocolate chips as you can cram in there.

- Cream the butter until fluffy, assuming you're using butter. Otherwise, mix the bananas, egg, vanilla and applesauce-all the wet ingredients.
- Mix the dry ingredients.
- Add the wet to the dry and mix well. It's going to have a bit dryer consistency than you would expect from a cookie dough, but that's OK.
- You can freeze the dough and it will bake well from frozen.
- Or, drop onto cookie sheet and bake at 375 (preheated oven) until done.
- These cookies come out the way they went in, they do not spread, so keep that in mind.
- A very easy recipe to double.
- Use parchment paper on the cookie sheet and you don't need to grease it.

Chip cookies

2 cups butter
2 tsp. soda
5 cups blended oatmeal**
2 cups brown sugar
1 8 oz. Hershey Bar, grated
2 tsp. baking powder
2 tsp. vanilla
4 cups flour
2 cups sugar
24 oz. chocolate chips
1 tsp. salt
4 eggs
3 cups chopped nuts (your choice)

** measure oatmeal and blend in a blender to a fine powder.

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees.

Makes 112 cookies.

Instant Oatmeal ala-Home

Ingredients:

3 cups Quick-Cooking Oats
Salt
8 Small Zip Baggies

Preparation Method:

Put 1/2 cup oats in a blender and blend on high until powdery. Set aside in a small bowl, and repeat procedure with an additional 1/2 cup oats. If you're using a food processor, you can do the 1 cup of oats in one batch. Put the following ingredients into each zip baggie: 1/4 cup un-powdered oats, 2 Tbsp. powdered oats, and 1/8 tsp. salt. Store in an airtight container.

To serve: Empty packet into a bowl. Add 3/4 cup boiling water. Stir and let stand for 2 minutes. For thicker oatmeal, use less water - for thinner oatmeal, use more water.

Variations:

Apple-Cinnamon Oatmeal-

To each packet add 1 Tbsp. sugar, 1/4 tsp. cinnamon, and 2 Tbsp. chopped dried apples.

Sweetened Oatmeal-

To each packet add 1 Tbsp. sugar or 1 packet 'Equal' artificial sweetener.

Brown Sugar/Cinnamon Oatmeal-

To each packet add 1 Tbsp. brown sugar & 1/4 tsp. cinnamon

Oatmeal w/Raisins & Brown Sugar-

To each packet add 1 Tbsp. brown sugar and 1 Tbsp. raisins.

Health Nut Oatmeal-

To each packet add 2 Tbsp. any kind of wheat germ

Fruit & Cream Oatmeal-

To each packet add 1 Tbsp. non-dairy coffee creamer and 2 Tbsp. dried fruit

Fun Fruit Oatmeal-

To each packet, add 6 or 7 pieces of 'fruit snack' type dehydrated fruit.

Confetti Oatmeal-

To each packet, add 1 tsp. decorative cake/cookie sprinkles.

Cookies n Cream Oatmeal-

add 1 crushed Oreo cookie and 1 Tbsp. non-dairy coffee creamer to each packet.

Exploding Oatmeal-

add 1 tsp. sugar, and 1/2 tsp. 'Pop Rocks' candy to each packet. This one is fun for celebration days, such as birthdays.

Crock pot Oatmeal

2 cups milk
1/4 cup brown sugar
1 tablespoon melted butter
1/4 teaspoon salt
1/2 teaspoon cinnamon
1 cup rolled oats, regular
1 cup chopped apple
1/2 cup raisins

Preparation Method:

Spray or butter the inside of the crock pot. Put ingredients into Crock pot and stir. Cover and cook on low overnight. Serve with milk.

Yield: 4 servings (can use a small crock pot 1 quart)

Deluxe crockpot oatmeal

(7 servings)

1 C quick cooking oats
2 C milk
1/4 C brown sugar
1 T butter melted
1/4 tsp. Salt
1/2 tsp. Cinnamon
1 C finely chopped apple
1/2 C raisins and/or dates
1/2 C chopped walnuts or almonds

Grease the inside of Crock pot. Throw all ingredients inside Crock pot and mix well. Cover and cook on low for 8 to 9 hours. Stir before serving.

Great served with milk.

Snickerdoodle Minimuffins

Topping:

1/3 cup sugar
1 tsp cinnamon

Muffin batter:

1 1/2 cups flour
1 cup oatmeal (quick or old-fashioned) uncooked
1/2 cup sugar
1 T baking powder
1 cup nonfat milk
1 egg, lightly beaten
4 T margarine or butter, melted (do not use reduced fat spread)
1 tsp vanilla

Preparation Method:

Preheat oven to 400. Spray bottoms of 36 minimuffin pan cups with nonstick cooking spray or line 12 med. muffin pan cups with paper baking cups.

Make topping: Combine sugar and cinnamon in small bowl and set aside.

Make batter: Combine flour, oatmeal, sugar and baking powder in a large bowl. Mix well. In a small bowl, combine milk, egg, butter and vanilla. Blend well. Add to dry ingredients all at once. Stir just until dry ingredients are moistened. Do not overmix. Fill muffin cups two-thirds full. Sprinkle topping evenly over tops of muffins. Bake: 12 to 14 minutes for minimuffins and 18 to 22 for regular muffins, or until light golden brown. Cool muffins in pan on wire rack 5 minutes. Remove from pan. Serve warm, can be frozen.

Muffins with Toppings

To make the muffins: for 24 regular-sized muffins,

3 to 4 eggs
3 tsp. vanilla
2 cups water
up to 1 cup oil or butter or applesauce
4 1/2 cups muffin mix

(*note: this measurement is up to your tastes and desires. We find them perfectly acceptable without ANY fat, but any amount of oil can be added up to one cup)

Preheat oven to 400 F. Coat muffin tins with an oil/lecithin mixture, grease with shortening or butter, or spray with cooking spray. In a large bowl, beat the eggs, vanilla water and oil if using. Stir in cups muffin mix and any additional ingredients (listed below; use 1/2 the amount if making a 12 muffin batch) just until moistened. The batter should be lumpy.

Fill muffin tins 3/4 full. Bake for 18 to 20 minutes, or until muffins are golden brown.

Muffins freeze well.

To reheat frozen muffins, microwave on high for 30 seconds per muffin.

TOPPINGS:

These two toppings would go well with almost any of the ABC muffins. Sprinkle mixture atop uncooked muffins before popping them into preheated oven:

Streusel topping for 24 muffins : Mix together:

1 cup sugar
1 tsp. cinnamon
2/3 cup flour
cut in 1/2 cup cold butter until mixture is crumbly.

Crunchy topping for 24 muffins : Mix together:

1 cup rolled oats
1 cup flour
1/2 cup brown sugar
2 tsp. ground cinnamon
cut in 1/2 cup softened butter with fork or pastry cutter
until crumbly

TYPE OF MUFFIN: Ingredients to add to mix before baking:
(All quantities for 24 muffins)

Apple muffins: 3 cups raw grated apples 1 tsp. gr. cloves 1
cup nuts or raisins sprinkle with cinnamon and sugar mixture before baking

Desiree's Apple muffins: 4 cups raw grated apples 1 tsp
cinnamon 1/4 tsp nutmeg. Use apple juice for water and
apple sauce for oil. Sprinkle with cinnamon sugar mix before baking

Applesauce muffins: 1 cup applesauce omit oil

Apricot muffins: 1 cup chopped dried apricots

Banana muffins: 6 mashed bananas (2 cups mashed bananas) 1 cup walnuts (optional)

Blueberry muffins: 2 cups fresh or frozen rinsed blueberries

Bran-molasses muffins: Use only 3 cups of muffin mix. Stir in: 4 cups bran cereal 1/2 cup molasses 1 cup raisins

Butterscotch muffins: 2 (12 oz.) bags butterscotch chips 1 cup chopped nuts

Carrot muffins: 2 cups grated carrots 1 cup raisins 1-1/2 tsp. allspice

Cashew muffins: 2 cups unsalted coarsely chopped cashews

Cherry muffins: 2 cups fresh or dried pitted cherries

Chocolate chip-fudge muffins: 1-1/2 cups cocoa 1/2 cup sugar 3 cups mini chocolate chips

Coconut muffins: 3 cups toasted flaked coconut (reserve some to sprinkle on the top)

Cranberry-orange muffins: 2 cups chopped fresh or frozen cranberries 1 cup nuts 1/2 cup orange juice 2 Tb. orange peel

Currant muffins: 1-1/2 cups currants 1 cup chopped nuts

Date nut muffins: 1 cup chopped dates 1 cup chopped nuts

Eggnog muffins: 4 tsp. rum extract 2 cups eggnog (omit water from recipe) before baking, top with mixture of: 2 Tb. sugar 1 tsp. nutmeg 1/2 tsp. cinnamon

Fig muffins: 2 cups dried chopped figs 1 c. chopped walnuts

Fruit muffins: 2 cups dried diced fruit

Garden fresh muffins: 1 cup grated carrots 1 cup grated zucchini 1/2 tsp. ground cloves

Gingerbread muffins: 2 Tb. ground ginger 1/2 cup molasses 2 cups raisins

Granola muffins: reduce muffin mix to 4 cups and add: 1-1/2 cups granola Top with additional granola before baking

Grape nuts muffins: reduce muffin mix to 4 cups and add:

2-1/2 cups grape nuts 1 tsp. allspice

Hazelnut muffins: 2 tsp. ground cardamom 2 cups chopped hazelnuts

Incredible Cream Cheese muffins: combine: 2 (8 oz.) packages cream cheese 1/2 cup sugar 2 eggs Drop this mix by Tb. onto top of muffins before baking

Jam muffins: 1-1/2 cups jam or preserves (strawberry, raspberry, blackberry, cherry) 1 cup chopped nuts (optional)

Kisses and hugs muffins: 1-1/2 cups cocoa 1/2 cup sugar after filling muffin tins 3/4 full, drop one Hershey's kiss into the center of each muffin, pushing down slightly until kiss is covered. Ice cooled muffins with confectioners sugar and water glaze.

Lemon muffins: omit 1 cup water and replace with 1 cup lemon juice use 4 eggs 1/2 cup chopped nuts

Lemon-poppy seed: 2 packages (3.4 oz each) instant lemon pudding mix 2 Tb. poppy seeds use 4 eggs omit 1 cup water and replace with 1 cup lemon juice

Mandarin muffins: 2 (8-1.4 oz) cans crushed pineapple (undrained) reduce water to 1 cup 1-1/2 cups shredded carrots

Maple muffins: 6 Tb. maple syrup, reduce water to 1-1/2 cups

Marmalade muffins: 1-1/2 cups orange marmalade 1 cup chopped nuts (opt) 1 cup orange juice (omit 1 cup of the water)

Mincemeat muffins: 1-1/2 cups mincemeat

Nutty muffins: 3 cups peanut butter chips 1/2 cup chopped peanuts

**Oatmeal muffins: reduce muffin mix to 4 cups and add: 1 cup oats use 4 eggs up to 2 cups raisins or grated apples

Orange muffins: 2 cups sour cream 1 cup nuts or coconut (opt) 2 cans (11 oz. each) mandarin oranges, drain use 4 eggs

Peach muffins: 2 cups fresh or one large can (drained) chopped peaches

Peanut-butter and jelly muffins: 1 cup peanut butter 1/2

cup chopped peanuts drop 1 Tb. jam into each muffin before baking.

Peanut-butter banana muffins: 1 cup peanut butter 1/2 cup
chopped peanuts 3 mashed bananas

Pear muffins: 2 cups fresh or one large can (drained) chopped pears

Pecan muffins: 2 cups chopped toasted pecans 1 tsp. maple extract

Pineapple carrot raisin muffins: 1 cup each: grated carrots, crushed
pineapple, drained and raisins 1 cup walnuts, chopped (optional)

Pineapple muffins: 1 tsp. ground cloves 1 large can crushed
pineapple, drained 1 jar (7 oz. or about 1 cup) macadamia nuts, chopped

Prune muffins: 1 to 2 cups chopped prunes 1/3 cup poppy seeds

Pumpkin muffins: 2 cups or 1 can solid pack pumpkin 1 Tb.
pumpkin pie spice 1/2 cup each chopped nuts and raisins

Raspberry muffins: 2 cups fresh or frozen whole, unsweetened raspberries

Rum raisin muffins: 3 tsp. rum extract or 3 Tbsp. rum before baking,
top with mix of: 2 tsp. sugar 1/2 tsp. cinnamon and 1/2 tsp. nutmeg

Sesame seed muffins: 1 cup toasted sesame seeds before
baking, top with mix of: 1/2 cup nuts 4 Tb. brown sugar 4
Tb. sesame seeds 2 Tb. flour 1/2 tsp. each cinnamon/nutmeg

Sour cream muffins: omit one cup of the water and add: 1
cup sour cream 2 cups nuts 2 tsp. grated lemon peel (opt.)

Strawberry muffins: 2 cups fresh or frozen strawberries, chopped

Sweet potato muffins: 1 Tb. allspice 4 Tb. dry orange peel
2 cans (10 oz each) sweet potatoes, mashed, well drained (about 2-1/2 cups)

Tropical treat muffins: 1 cup dried mango or papaya,
chopped 1cup chopped banana chips or 2 fresh mashed 1 cup
macadamia nuts, chopped 1/2 cup coconut 1/2 cup sour cream
2 tsp. lemon peel, grated

Vanilla muffins: 2 packages vanilla chips

Walnut muffins 1-1/2 cups chopped walnuts

Wheat germ muffins: 2-2/3 c. wheat germ use 4 eggs 1/2 cup extra water
before baking, top muffins with mix of: 1/2 c. wheat germ 2 Tb. sugar

Yogurt muffins: reduce water to 1-1/2 cups and add: 2
cartons (8 oz each) yogurt, plain or flavored

Zucchini muffins: 2 cups grated zucchini 2 Tb. cinnamon 1 cup chopped nuts (optional)

Oatmeal Cranberry Muffins

1 cup old fashioned oatmeal
1 cup buttermilk

Mix these together and let sit for an hour.

Then add to it

1 egg
1/2 cup oil (1/2 cup of melted, cooled butter)
1/2 cup packed dark brown sugar
1 cup flour
1/2 teaspoon salt
1/2 teaspoon soda
1 teaspoon baking powder
1/2 cup dried cranberries or finely diced peeled apples.
if I use the apples then I put in some freshly grated nutmeg.

Mix these muffins until just mixed and bake in a greased muffin tin in a 400 F oven for about 20 minutes. Let cool about 10 minutes before removing from pan to cool completely.

Gourmet Buttermilk Pancake and Waffle Mix

Ingredients:

8 cups Flour
2 cups Whole Wheat Flour
1 1/2 cups Buckwheat Flour
1 cup Corn Flour
1/2 cup Cornmeal -- stone ground
1/2 cup Oatmeal, instant -- powder in blender
2 cups Buttermilk, dried
5 tablespoons Baking Powder
2 tablespoons Baking Soda
1/4 cup Vanilla, powdered
1 1/4 cups Sugar
3 tablespoons Salt
2 tablespoons Malted Milk Powder, optional

Preparation Method

In an extra large bowl, using a strong wire whisk, blend flour, buckwheat, corn, whole wheat flour, cornmeal, ground oatmeal, baking powder, baking soda, vanilla powder, sugar, salt and malt. Place mix into four 1 quart jars (you may need to tap the bottoms to get it all to fit) and store in a cool, dry place for up to one year.

Note: Whole wheat flour can go rancid if it gets too warm, so it may be a good idea to refrigerate this mix if you do not have a very cool cellar to store it in.

To make pancakes or waffles:

1 cup Gourmet Pancake & Waffle Mix
1 Egg
1/2 - 2/3 cup Water
2 Tbsp. Vegetable Oil

In a medium bowl, stir pancake mix with water, egg and vegetable oil. Add more water, if necessary, to make a medium thickness batter. If using as waffle batter, double recipe and follow manufacturer's directions. Make pancakes in usual fashion.

**If not using dry vanilla or vanilla powder, add 1 tsp. vanilla with wet ingredients. To use as a gift, decorate jar and attach instructions written on a recipe card. Be sure to include instructions to refrigerate mix until it is used.

Easy Oatmeal Cookies

Ingredients:

1 1/4 Cups	flour
1 teaspoon	baking soda
1/2 teaspoon	salt
1/2 teaspoon	cinnamon
1 Cup	shortening
1 Cup	brown sugar
1 Can	sugar
2 large	eggs
1/2 teaspoon	vanilla
3 Cups	quick-cooking oats, dry
1/2 Cup	chopped nuts
1/2 Cup	raisins

Preparation Method

Preheat oven to 350F. Combine all ingredients.
Shape into balls and place on cookie sheet. Bake for 12-15 mins

Grandma Stratton's Oatmeal Cookies

Ingredient:

1 1/4 Cups	flour
1 teaspoon	baking soda
1/2 teaspoon	salt
1/2 teaspoon	cinnamon
1 Cup	shortening
1 Cup	brown sugar
1 Cup	sugar
2 large	eggs
1/2 teaspoon	vanilla
3 Cups	quick-cooking oats
1/2 Cup	chopped nuts, if desired

Preparation Method:

Preheat oven to 350F. Combine all ingredients. Shape into balls and place 1" apart on ungreased cookie sheet. Bake for 12-15 mins. Makes 4 doz?

Oatmeal and Date Drops

Ingredient:

1 package whole pitted dates -- chopped
1 Cup sugar -- divided
1/2 Cup water -- divided
1 Tablespoon water
2 1/2 Cups dry oatmeal -- uncooked
1 1/4 Cups flour
1 teaspoon salt
1/2 teaspoon baking soda
1 Cup brown sugar -- firmly packed
3/4 Cup butter or margarine
1 large egg
1 teaspoon vanilla

Preparation Method:

In medium saucepan, combine dates 1/2 cup sugar and 1/2 cup water. Cook over medium heat until mixture is very thick and the liquid is absorbed, about 10 mins. Cool; set aside. Preheat oven to 350F.

In medium bowl combine oats, flour, salt and soda. In large bowl beat together remaining 1/2 cup sugar, brown sugar and butter at medium speed of electric mixer. Blend in remaining Tablespoon of water, egg and vanilla. Stir in oats mixture and prepared dates; mix well. Drop by rounded teaspoonsful onto ungreased cookie sheet. Bake for 13 mins or until light golden brown. Cool on cookie sheet 1 min; remove to wire cooling rack.

Oatmeal Peanut Butter Cookies

Ingredients:

3/4 cup	shortening
1/2 cup	peanut butter
2 cups	brown sugar
2 large	eggs
1/4 cup	milk
1 tsp	vanilla
2 cups	flour
1 tsp	baking soda
1 tsp	salt
1 tsp	cinnamon
1 1/2 cups	oatmeal -- dry
1 cup	raisins

Preparation Method:

Cream together first 6 ingredients. Add remaining ingredients adding raisins last. Drop by teaspoonfuls onto greased cookie sheet. Bake @ 350F for 15 mins.

Oatmeal chocolate chip cookies

Ingredients

1/2 cup rolled oats
2 1/4 cups all-purpose flour
1 1/2 tsp. baking soda
1 tsp. salt
1/4 tsp. cinnamon
1 cup (2 sticks) butter, softened
3/4 cup brown sugar, packed
3/4 cup granulated sugar
1 1/2 tsp. vanilla
1/2 tsp. lemon juice
2 eggs
3 cups semi-sweet chocolate chips
1 1/2 cups chopped walnuts

Procedure

Preheat oven to 350 degrees. Grind oats in a food processor or blender until fine. Combine the ground oats with the flour, baking soda, salt and cinnamon in a medium bowl. Cream together the butter, sugars, vanilla, and lemon juice in another medium bowl with an electric mixer. Add the eggs and mix until smooth. Stir the dry mixture into the wet mixture and blend well. Add the chocolate chips and nuts to the dough and mix by hand until ingredients are well-incorporated. Spoon rounded 1/4-cup portions onto an ungreased cookie sheet. Place the scoops about 2 inches apart. You don't need to press the dough flat. Bake for 16-18 minutes or until cookies are light brown and soft in the middle. Store in a sealed container when cool to keep soft. For the best results, chill the dough overnight in the refrigerator before baking the cookies. Makes 20 cookies.

No Bake Cookies

1/2 c. cocoa

1-3/4 cup granulated sugar

1/2 c. butter(unsalted)

1/2 c. milk

1/2 c. peanut butter

3 cups quick oats(put in large mixing bowl)Measure before you start to boil mixture.

2 tsp. vanilla

Directions:

Boil first 4 ingredients together for 1-2 minutes. Add peanut butter and vanilla to chocolate mix. Pour over oatmeal in large mixing bowl and mix well. Drop by tsp onto waxed paper. Cool. Makes about 2 to 2-1/2 dozen.

Oatmeal chip cookies

2 sticks margarine, softened (1 cup)
3/4 cup packed brown sugar
1/2 cup granulated sugar
2 large eggs
2 tsp. vanilla
1 tsp. baking soda
1/2 tsp. salt
1 1/2 cups all-purpose flour
3 cups old fashioned or quick oatmeal
1 bag (11 1/2 ounces) chocolate chips

Heat oven to 350 degrees. In a large bowl with mixer on high speed, beat margarine, sugars, eggs, vanilla, baking soda and salt until well blended. Add flour just to blend. Stir in oats and chips. Drop by rounded teaspoonfuls about 1 inch apart on ungreased cookie sheets. Bake 10-12 minutes or until golden brown. Cool 1 minute on cookie sheet before removing to a wire rack. Store airtight at room temperature up to one week.

Low Fat & Sugar-Free Oatmeal Cookies

Yield: 1 Cake

1/2 c Tightly packed pitted prunes
2 tb Unsalted butter--
-- (at room temperature)
2 tb Oil
1 1/2 c Fruit juice concentrate 1 ts Vanilla extract
2 1/4 c Whole wheat pastry flour
1 c Rolled oats
1 ts Baking soda
1/2 ts Salt

Preheat oven to 350. Spray 2 baking sheets with nonstick cooking spray or line with parchment paper. In a food processor, combine prunes with 1/4 cup warm water; process until smooth. Transfer pureed prunes to a large bowl; whisk in butter and oil until smooth. Gradually whisk in fruit-juice concentrate and vanilla.

In a small bowl, stir together flour, rolled oats, baking soda and salt. Add the flour mixture to the prune mixture and mix with a wooden spoon until blended. Drop by rounded tablespoonfuls onto the prepared baking sheets, spacing the cookies about 1 1/2 inches apart. Bake one sheet at a time for 12 to 15 minutes, or until lightly browned. Transfer cookies to racks and let cool.

"This recipe originally called for 3 1/4 cups of flour which I found made the batter too dry. I modified it to call for only 2 1/4 cups flour as indicated above. This is an approximate amount. If you find the batter is too thin try adding up to another 1/4 cup flour.

These cookies have a wonderful flavour. I used orange juice which complemented the prunes quite nicely."

Sugar-Free Oatmeal Apple-Raisin Cookies

Yield: 1 Batch

1 c Raisins
1/2 c Chopped apples
1/2 c Butter
1 c Quick cooking oatmeal
1 c Flour 1 tsp Cinnamon
1 tsp Baking soda
2 ea Eggs
1 tsp Vanilla

Preheat oven to 350 degrees. In a small saucepan, combine raisins, apples and 1 cup of water. Cook for 3 minutes, add butter and let cool. In a mixing bowl, combine oatmeal, flour, cinnamon and baking soda. Add the raisin mixture to the dry mixture. Add eggs and vanilla, and mix well. Drop by rounded spoonfuls on greased baking sheet. Bake for 12 minutes.

NOTE: For fat free substitute for the butter add 1/2 cup applesauce.

Oatmeal Pumpkin Muffins

1 cup rolled oats (blend in blender until a fine powder)
1 1/2 cups all-purpose flour
3/4 cup firmly packed brown sugar
2 tsp baking powder
1 1/2 tsp pumpkin pie spice
1/2 tsp baking soda
1/2 tsp salt (optional)
1/4 cup chopped nuts (optional)
3/4 cup milk
1 cup canned pumpkin
4 tbsp applesauce

Preheat the oven to 400 F. Spray twelve medium muffin cups with non-stick cooking spray or line with paper baking cups. Combine the dry ingredients and the pecans. Mix well. Mix pumpkin, applesauce, and milk together. Add to dry ingredients and mix until just moistened. Fill muffin cups until almost full. 6. Bake 22 to 25 minutes. (until wooden pick inserted and comes out with a crumbs) Cool for five minutes in pan on a wire rack. Serves 12.

Great applesauce oatmeal muffins

1-1/2 cups oatmeal, quick cook
1-1/4 cups all-purpose flour
3/4 teaspoon cinnamon
1 tsp. cinnamon
1 tsp. baking powder
3/2 tsp baking soda
1 cup unsweetened applesauce
1/2 cup skim milk
1/2 cup firmly packed brown sugar
3 tbsp. vegetable oil
1 egg white

topping:

1 cup oatmeal
1 tbsp packed brown sugar
1/4 tsp cinnamon
1 tbsp melted butter or margarine

Heat oven to 400. Line 12 muffin cups with paper baking cups. Combine all but topping ingredients and mix just until moist by hand or low speed mixer. fill muffin cups almost full. combine topping ingredients; sprinkle evenly over batter.

Bake 20-22 minutes or until deep golden brown. serve warm - cream cheese is a great topping before eating. Mix the cream cheese with a little cinnamon or applesauce - yummy!!!!

nutritional info: each muffin contains 190 calories, 31g carbohydrates, 4g protein, 5g fat, 0mg cholesterol, 112 mg sodium, 2g dietary fiber.

Farmland Flax Cookies

1 1/3 cups butter
1 1/4 cups granulated sugar
1 1/2 cups lightly packed brown sugar
2 1/3 cups ground flaxseed
3 eggs
1 1/2 tsp vanilla
3 1/2 cups all-purpose flour
1 tbsp baking soda
3 cups oatmeal

In a bowl, cream butters and sugars; add flaxseed.

In another bowl beat eggs and vanilla together, combine with flax mixture.

Sift together the flour and soda. Mix in oatmeal and combine with other ingredients.

Preheat oven to 350 degrees.

Form into balls, slightly flatten and place on cookie sheet.

Bake 13-15 minutes (depending on your oven, I bake them for 11 minutes)

Remove from sheet and cool.

Granola Snack Bars

1/4 cup butter or margarine
4 cups miniature marshmallows
1 cup rolled oats
1 cup crushed graham crackers
1/2 cup raisins
1/4 cup raw sunflower seeds
1/4 cup coconut
1/2 cup ground flaxseed

Melt butter in the microwave (or in a large saucepan, over low heat).

Add marshmallows, microwave on high for 1 minute, stir and microwave again until marshmallows are melted. (Or stir over low heat in saucepan until melted and the mixture is smooth.)

Stir in oats, graham crumbs, flaxseed, raisins, sunflower seeds and coconut until thoroughly coated.

Press into a greased 9X13 inch pan with greased fingers.

Let cool. Cut into 6 rows lengthwise and 4 crosswise.

Baked oatmeal

3 cups oats
1/2 cup brown sugar
2 tsp baking powder
1/2 tsp cinnamon
1/2 tsp salt
1/2 cup applesauce
1 tsp vanilla
2 eggs (I use egg substitute)
1 cup milk (I use skim; others have used half-and-half)
1/2 to 1 cup of raisins

Preheat oven to 350. Mix dry ingredients in one bowl; mix wet ingredients in another. Stir wet and dry ingredients together and add raisins. Spread in a 9x9 pan sprayed with nonstick spray. Bake 25-30 minutes.

BTW, my sister and I both made a batch again yesterday so here are two more variations: I substituted 1 cup of frozen whole cranberries for the raisins.

Result is a little tart, but delicious. My sister omitted the milk and substituted crushed pineapple with the juice. She said it's very good, but she should have cut way down on the brown sugar. She also doubled the batch and it worked well.

As I said before, this is a delicious, versatile and virtually indestructible recipe. Enjoy!

Oatmeal cookies

1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup applesauce
2 tablespoons margarine
1/2 cup granulated sugar
1/2 cup light brown sugar, firmly packed
1 egg
1 teaspoon vanilla
1 1/3 cups old-fashioned oatmeal, uncooked
1/2 cup raisins (optional)

Preheat oven to 375 degrees F. Spray cookie sheet with nonstick cooking spray. In small bowl, combine flour, baking powder, baking soda and salt. In large bowl, place applesauce. Cut in margarine with pastry blender or fork until margarine breaks into pea-sized pieces. Add granulated sugar, brown sugar, egg and vanilla; stir until well blended. Add flour mixture to applesauce mixture; stir until well-blended. Fold in oats and, if desired, raisins.

Drop rounded teaspoonfuls of dough 2 inches apart onto prepared cookie sheet. Bake 10 to 12 minutes or until lightly browned. Cool 5 minutes on cookie sheet. Remove to wire rack to cool completely. Makes 3 dozen cookies.

Maple Oatmeal Muffins, Breads

Ingredient

2 cups unbleached all purpose flour
1 cup quick-cooking oats
2 teaspoons baking powder
2 teaspoons ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup low fat buttermilk
3/4 cup unsweetened applesauce
1/2 cup pure maple syrup
1/2 cup packed golden brown sugar
1/4 cup vegetable oil
1 large egg
2 teaspoons vanilla extract

Preparation Method

Preheat oven to 400 degrees F. Line twelve 1/3-cup muffin cups with paper liners. Combine first 6 ingredients in large bowl and stir to blend.

Whisk buttermilk, applesauce, maple syrup, brown sugar, vegetable oil, egg and vanilla in medium bowl until well blended. Add to dry ingredients and stir just to incorporate (do not overmix).

Divide batter equally among muffin cups (batter will reach top of cups).

Bake until muffin tops are golden brown and tester inserted into center of muffins comes out clean, about 28 minutes. Transfer to rack and cool.

Apple-streusel pound cake

3 cups all-purpose flour
1/3 cup cornmeal
1 1/2 teaspoons baking soda
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup granulated sugar
1 cup skim milk
1 cup nonfat sour cream
1/2 cup applesauce
1 egg
2 tablespoons vegetable oil
2 teaspoons vanilla
3 egg whites, beaten until stiff
3/4 cup light brown sugar, firmly packed
3/4 cup apple, peeled and chopped
1/2 cup uncooked old-fashioned oatmeal
2 teaspoons ground cinnamon

Preheat oven to 375 degrees F. Spray a 10-inch (12-cup) Bundt pan with nonstick cooking spray; flour lightly. In a medium bowl, combine flour, cornmeal, baking soda, baking powder and salt. In large bowl combine granulated sugar, milk, sour cream, applesauce, egg, oil and vanilla. Add flour mixture to applesauce mixture; stir until well blended. Gently fold in beaten egg whites.

In small bowl, combine brown sugar, oatmeal and apples. Spread half the batter into prepared pan; sprinkle with oatmeal mixture. Spread remaining batter over oatmeal mixture.

Bake 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool on wire rack 15 minutes before removing from pan. Place cake, fluted side up, on serving plate. Serve warm or cool completely. Cut into 24 slices. Makes 24 servings.

Baked apple crisp

8 cups unpeeled, thinly sliced apples (about 8 medium)
2 tablespoons granulated sugar
1 1/2 tablespoons lemon juice
4 teaspoons ground cinnamon, divided
1 1/2 cups applesauce
1 cup old-fashioned oatmeal, uncooked
1/2 cup light brown sugar, firmly packed
1/3 cup all-purpose flour
1/3 cup evaporated skim milk
1/4 cup nonfat dry milk powder
1 cup nonfat vanilla yogurt

Preheat oven to 350 degrees F. Spray 2-quart casserole dish with nonstick cooking spray. In large bowl, toss apple slices with granulated sugar, lemon juice and 2 teaspoons cinnamon. Spoon into prepared dish. Spread applesauce evenly over apple mixture. In medium bowl, combine oatmeal, brown sugar, flour, evaporated milk, dry milk powder and remaining 2 teaspoons cinnamon. Spread over applesauce.

Bake 35 to 40 minutes or until lightly browned and bubbly. Cool slightly; serve warm. Top each serving with a dollop of yogurt. Makes 12 servings.

Oatmeal Cookies

1/2 cup brown sugar
1/2 cup white sugar
1/2 cup margarine or butter
1 egg
1 tsp vanilla
1 tbsp milk
1 1/3 cups flour
1/2 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1 cup rolled oats

One of the following:

6 oz chocolate chips
1 cup raisins, nuts or coconut

Cream butter & sugar. Add egg, vanilla and milk. Add flour, soda, baking powder and salt. Add rolled oats. Drop by teaspoonful on greased cookie sheet. Bake at 350F for 10-12 minutes.

Applesauce Oatmeal Muffins

1-1/2 c. oatmeal
3/4 c. whole wheat flour
3/4 c. white flour
4 tsp. baking powder
1/3 c. sugar
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1 egg or 2 egg whites, beaten
1 c. applesauce
1 c. light corn syrup

Heat oven to 425 degrees. Combine first 8 ingredients in a large bowl, stirring well to blend. Make a well in the center and add remaining ingredients. Mix just enough to moisten. Spray muffin pans with cooking spray or line them with paper liners and fill 2/3 full with batter. Bake for 14 to 17 minutes or until lightly browned. A toothpick stuck in center should come out dry. Makes 24 medium size muffins.

Sweet Potato Cookies

1 c. sweet potato, cooked & mashed
3/4 c. brown sugar
1/2 c. sugar
1 egg
3/4 c. margarine
1 1/2 c. flour
1 tsp. baking powder
1/4 tsp. cinnamon
1/2 tsp. nutmeg
3/4 c. quick cooking oatmeal
1 c. pecans
1 c. raisins

Mix butter and sugar together. Add eggs and dry ingredients and then pecans and raisins.
Drop by teaspoons. Bake at 350 degrees for 10 to 12 minutes.

No bake cookies

2 cups sugar
1/2 cup cocoa
1 stick oleo or butter
1/2 cup milk

Mix together in a heavy pan, bring to a boil over med high heat. Boil for 1 min.

Add:

1/2 tsp vanilla
1/2 cup creamy (or crunchy) peanut butter
3 cups oatmeal

Either spoon cookie size portions onto wax paper or pour into a 8 X 8 pan sprayed with cooking spray. Allow to cool and cut.

Breakfast Pudding (Diabetic)

Servings: 2

Ingredients:

Mix together and set
small oven-proof bowl

1/3 c Oatmeal
1 c Low-fat milk
ASIDE IN
1 Egg
1 Banana, mashed
1 t Vanilla

Instructions:

Set mixture aside to stand for 10 minutes to allow oatmeal to soak up flavor. Stir again and place in a small dish. Preheat oven 325 degrees. Sprinkle with cinnamon. Place dish in another oven-proof dish containing 1 inch of water. Bake 15-20 minutes or until firm. Food Exchange per serving: 1/2 starch/bread exchange + 1 milk exchange + 1 fruit exchange or 1/2 starch/bread exchange 1/2 milk exchange + 1/4 meat source: Vegetarian Cooking for Diabetic by Patricia Mozzer Brought to you and yours via Nancy O'briion and her Meal Master

Peanut butter no bakes

1 cup milk
4 cups sugar
1/2 pound butter or margarine
1 1/2 cups peanut butter
8-10 cups oatmeal
1 teaspoon vanilla extract

Mix together the milk, sugar and butter or margarine. Bring to a boil and boil 1 minute. Remove from heat. Add peanut butter and vanilla mixing well. Stir in oatmeal, mixing well. Drop onto wax paper while still warm. Cool.

Bakeless Dream Cookies

2 cups granulated sugar
1/2 cup cocoa
1/2 cup milk
1 stick oleo or margarine
3 cups quick oatmeal
1/2 teaspoon vanilla
1/2 cup chopped nuts
1/2 cup peanut butter

Place sugar, cocoa, milk and oleo in sauce pan. Bring to a boil and boil for a minute. Remove from heat and add peanut butter and nuts (if wanted). Blend well, stir in oatmeal and vanilla. Drop by teaspoon on waxed paper. Let stand until cool and real firm.

1930's Grandma Kinne Drop Cookies

1 cup sugar
1/2 cup butter
1/2 lard
1 cup raisins
1/2 cup water
1 teasp. cinnamon
1/2 teasp. nutmeg
2 beaten eggs
1 teasp. baking soda
1 teasp. vanilla
2 cups flour
2 cups oatmeal
1 cup chopped nut meats

Sift flour, then measure. Sift flour, cinnamon and nutmeg together.
Cream sugar, butter, and lard. Add beaten eggs. Cook raisins in
1/2 cup water. Drain and reserve raisins water and stir into creamy mixture.

Stir in oatmeal, then flour, cinnamon and nutmeg mixture.
Add raisins, nutmeats & vanilla. Drop by teasp. of dough onto a
greased cookie sheet & flatten with a fork dipped in cold water.

Bake 350 deg, 15 minutes

3 dozen

5 Chip Cookies

1 cup soft margarine
1 cup peanut butter
1 cup white sugar
2/3 cup packed brown sugar
2 eggs
1 tsp. vanilla
2 cups flour
1 cup oatmeal
2 tsp. baking soda
1/2 tsp. salt
2/3 cup milk chocolate chip
2/3 cup semi-sweet chocolate chips
2/3 cup peanut butter chips
2/3 cup vanilla chips
2/3 cup butterscotch chip

In large bowl, cream first 4 ingredients. Add eggs and vanilla.

In separate bowl, combine dry mixture, except chips. Add dry mixture to creamed mixture, blend. Add chips to dough.

Drop by spoonfuls onto greased cookie sheet about 2 inches apart.

Bake in pre-heated oven at 350 F for 10 to 12 minutes. Let set on pan for 1 minute after removing from oven.

Blueberry Scones

Servings 4

2/3 cup(s) uncooked oatmeal
1/3 cup(s) Bisquik reduced-fat baking mix
1/2 tsp baking powder
1 tbsp brown sugar
1/4 cup(s) fat-free (skim) milk
1/2 cup(s) blueberries

Combine first 5 ingredients. Fold in berries. Form into 4 mounds and bake on PAM - sprayed baking sheet. Bake for 15 minutes at 400 degrees.

Snicker bar cookies

3/4 c. sugar
1 c. brown sugar
1/2 c. peanut butter
2 eggs, beaten
1 tsp. baking powder
2 1/2 c. flour
1 (16 oz.) pkg. miniature Snicker candy bars
1/2 c. butter
1/4 c. honey
1/2 c. butter
2 tsp. vanilla
1 tsp. baking powder
1 tsp. soda
1/2 c. oatmeal

Cream together sugar, honey, brown sugar, butter,, and peanut butter. Add vanilla and beaten eggs. Mix. Add baking powder, baking soda, flour, oatmeal. Mix well. Cut miniature Snicker bars in half. Wrap dough around each bar half, forming ball. Place on ungreased cookie sheet. Cookies will flatten as they bake, with candy bar as center filling. Bake at 350 degrees for 12-18 minutes. Makes 2 1/2 dozen.

Morning Energy

Ingredients:

2 c. water

3 c. oatmeal

Chopped fruit (bananas, apples, raisins are good)

1 Tbsp. sugar or artificial sweetener

Cinnamon to taste

Directions:

Boil water and add oatmeal. Add chopped fruit and sugar. Top with cinnamon. Makes 4 servings.

No Bake Oatmeal Cookies

2 cups of sugar

3 Tbsp. cocoa

1 stick butter

1/2 cup milk

1 tsp. vanilla

3 cups oatmeal

1/2 cup creamy peanut butter

Mix sugar and cocoa in a pan. Add butter and milk. Bring to a boil. Boil 2 minutes while stirring constantly. Remove from heat. Add vanilla and peanut butter. Stir. Put mixture in a bowl containing the oatmeal. Mix the oats into the mixture until they are coated. Drop by spoonfuls onto aluminum foil. Let cool.

For a variation, use crunchy peanut butter.

One Cup Cookies

1 cup margarine, softened
1 cup sugar
1 cup packed brown sugar
3 eggs
1 cup peanut butter
2 cups all purpose flour
1 tablespoon soda
1 cup oatmeal
1 cup coconut
1 cup chopped walnuts
1 cup raisins
1 cup chocolate chips

Cream margarine and sugars in bowl until light and fluffy. Beat in eggs one at a time. Beat in peanut butter. Add mixture to flour and soda. Mix well. Add remaining ingredients one at a time, mixing well after each addition. Drop heaping teaspoonfuls onto lightly greased cookie sheet. Bake at 350 degrees for 10 minutes. Yields 5 dozen.

Chocolate No Bake Cookies

1/2 c Shortening

2 c Sugar

1/2 c Water

2 tbsp Cocoa

1/2 c Peanut butter

3 c Oatmeal or:

1 c Coconut

Mix shortening, sugar, water and cocoa together, bring to a boil for 30 seconds. Remove from heat and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden.

Sugar Free No Bake Cookies

6 TB Nestle Sugar Free Quick
1 tsp. Vanilla extract
1/2 c Margarine
1/2 c Milk (use 1%)
1 c Flaked coconut
3 c Quick oatmeal

In food processor or mixer bowl add Sugar Free Quik, vanilla, margarine and milk and blend until smooth. Add coconut and oatmeal and blend until mixed together well.

On a cookie sheet place a piece of wax paper and take spoonful of the mixture and roll into a ball place close together.

Ready to eat in 1 hour. Keep in the refrigerator.

Irish Coffee Cheesecake

It is a cheesecake creamy, thick and sweet, on a spiced-oatmeal crust.

22 crisp oatmeal cookies
3 tablespoons cold unsalted butter, cut into small pieces
1 tbsp brown sugar
1/4 teaspoon ground cinnamon
3 8-ounce packages cream cheese, softened
1 cup packed brown sugar
4 eggs
3 tablespoons coffee liqueur or milk
1/2 teaspoon vanilla
2 tablespoons instant espresso coffee powder
1/3 cup Irish whiskey or milk
1 teaspoon instant espresso coffee powder
1 tsp granulated sugar
1 tbsp whipping cream
1-1/2 cups whipping cream
2 tbsp granulated sugar
Chocolate coffee beans or mocha beans

1. For crust, lightly butter a 9-inch spring form pan. Set aside. In a food processor bowl, process cookies until finely crushed (should have 2 cups crumbs). Add butter, the 1 tablespoon brown sugar and the cinnamon; process until mixture is combined. (Or crush cookies in a plastic bag with a rolling pin. In a bowl, combine cookie crumbs with the 1 tablespoon brown sugar and the cinnamon. Using a pastry blender, cut in the butter until mixture is well mixed.) Press the crust mixture onto the bottom and 1-1/2 inches up the side of the prepared pan. Bake in a 375 degrees F. oven for 8 min or until firm. Cool completely on a wire rack.

2. For filling, in a large bowl, beat cream cheese and the 1 cup brown sugar with electric mixer until well combined. Add eggs all at once and beat on low speed until just combined. Stir in liqueur or milk and vanilla. Dissolve the 2 tablespoons espresso coffee powder in Irish whiskey or milk. Add to cream cheese mixture; stir until just combined. Pour into cooled crust. Bake in a 350 degree F. oven about 50 minutes or until center appears nearly set when you shake it. Remove from oven. Cool 15 minutes. Loosen crust from side of pan. Cool 30 minutes more; remove side of pan. Cool 1 hour. Cover and chill at least 6 hrs.

For topping, dissolve the 1 teaspoon espresso coffee powder and the 1 tsp granulated sugar in the 1 tablespoon whipping cream. In a medium bowl, beat the 1-1/2 cups whipping cream with the 2 tablespoons granulated sugar until stiff peaks form (peaks stand straight). Fold in espresso mixture. Spread on top of chilled cheesecake. Garnish with chocolate coffee beans. Let stand at room temperature for 15 minutes before serving. Makes 12 to 16 servings.

Oatmeal Pancakes

1/2 cup unbleached flour
1/2 cup whole wheat flour
1 cup oatmeal, quick-cooking
1 cup Better than Milk (can substitute rice or soy milk)
2 Tablespoons sugar
1/4 cup unsweetened applesauce
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 egg whites or 3 teaspoons EnerG egg replacer + 1/4 cup of water

Beat the ingredients together until smooth. Lightly cover skillet with cooking spray (canola if possible). Use 1/4 cup for each pancake. When bubbles form, turn the pancake over and cook other side until golden brown. Serve with maple syrup or honey, or whatever your favorite is. Makes 10-12 small pancakes.

Chocolate no bakes

1 c. sugar
4 1/2 tbsp. cocoa
1/4 c. milk
4 tbsp. margarine
1/4 c. peanut butter
1 tsp. vanilla
1/2 c. coconut
1 1/2 c. oatmeal

Microwave sugar, cocoa, milk, margarine on high for 5 mins. Stir in other ingreds. Drop by spoonfuls onto wax paper. Makes 2 dozen.

No-bake chocolate haystacks

2 c. sugar
2 tbsp. unsweetened cocoa
1/2 c. milk
1 stick (1/2 c.) butter or margarine
2-3 c. oatmeal (Quick)
1/4 c. coconut
1/3 c. peanut butter

In saucepan, combine sugar, cocoa, milk and butter. Boil one min; remove from heat. Add oatmeal, coconut and peanut butter; blend thoroughly. Spoon mixture onto wax paper lined cookie sheet. Cool to set. Store in refrigerator in covered container.

Valentine Sweet Berry Crunch

(You can use fresh or frozen berries in this recipe.)

4 cups mixed fruit (raspberries, blueberries, strawberries)

1 cup firmly packed brown sugar

1/2 cup flour

1/2 cup dry oatmeal

1/2 cup margarine, melted (do not use the fat-free variety, as it contains too much water)

Vanilla non-fat frozen yogurt (Try Dreyer's. It won a taste test as the best non-fat frozen yogurt, plus it has more calcium than any other brand on the market!)

1. Preheat oven to 350 degrees F.
2. Place fruit in a 2-quart baking dish.
3. Combine sugar, flour, oatmeal and margarine. Sprinkle over fruit.
4. Bake at 350 degrees F. for 45 minutes.
5. Best when served warm with frozen yogurt. (Place in long-stem fluted glass.

Top with a small squirt of Redi-Whip Lite if you like.)

Oatmeal banana nut bread or muffins

1/2 c. cooking oil
2/3 c. sugar
2 whole eggs
1 c. mashed bananas (2 or 3)
1 1/2 c. whole wheat flour
1 tsp. soda
1 tsp. baking powder
1/4 tsp. salt
1/2 c. oatmeal (quick cooking)
3/4 c. chopped pecans
1 tsp. butter or vanilla flavoring

Mix thoroughly oil, sugar and eggs. Add bananas and mix well. Stir together flour, soda, baking powder, salt and oats. Add mixtures together. Stir in nuts and flavoring. Pour batter into greased 9 x 5-inch loaf pan or muffin tin. Bake at 350 degrees for 50 to 55 minutes for loaf or 20 to 25 minutes for muffins or until inserted toothpick comes out clean.

Amish oatmeal cookies

3 c. sugar
1 1/2 c. lard
1 1/2 c. raisins
2 1/2 c. oatmeal
1/2 c. molasses (dark)
3 eggs, beaten
1 c. peanuts
1 c. sour milk
2 tbsp. soda
2 tbsp. baking powder
6 c. flour
1 tsp. each of nutmeg, cinnamon and salt

Grind raisins and peanuts. Sift together flour, baking powder, nutmeg, cinnamon, salt. Cut in lard, add sugar, oatmeal, raisins and peanuts and mix well again. Dissolve soda in sour milk and add molasses and beaten eggs. Chill one hour. Using your hand, roll the dough into balls the size of a walnut and press slightly flat. Beat two eggs and paint the top of the cookie with egg. Bake at 375 degrees until golden brown.

Hawaiian Oatmeal Bread

4 eggs
1 1/2 cups sugar
2 1/2 cups flour
2 teaspoons salt
2 teaspoons baking soda
1 1/2 cups quick cooking oatmeal
2 1/2 cups undrained pineapple
3 cups flaked coconut

Combine eggs and sugar; beat until light. Sift flour, baking soda, and salt; add to egg mixture and beat until smooth.

Add remaining ingredients and mix well. Spoon into 2 greased and floured loaf pans Bake at 325 degrees for 1 hour.

Hearty Walnut Oatmeal

Ingredients:

- 1/2 cup Diamond Apple Cinnamon Walnuts, or
- 1/2 cup Diamond Walnut Halves
- 1 cup old-fashioned oats
- 1 cup milk
- 1 cup water
- 1 Pinch salt
- 1/2 cup half-and-half
- 2 tbsp brown sugar
- 1 cup raspberries

To toast the walnuts: Preheat oven to 350. Spread walnuts on a baking sheet or in a shallow pan. Bake, stirring once or twice, until lightly browned and fragrant, 7 to 10 minutes.

In a small saucepan combine oats, milk, water, and salt. Bring to a boil over medium heat and cook, stirring, for 4 to 6 minutes or until thick and creamy. Spoon into 4 bowls. Pour over half-and-half and sprinkle with brown sugar, raspberries, and toasted walnuts, dividing equally. Serve immediately.

Chewy Oatmeal Peanutty Cookies

Yield 3 doz

3/4 c butter or shortening
1 c peanut butter
1 1/4 c brown sugar, firmly packed
1 egg
1/3 c milk
1 1/2 tsp vanilla
3 c oats, rolled (raw), quick/old fashioned
1 c flour -- all-purpose
1/2 tsp baking soda
1/2 tsp salt
1/4 tsp cinnamon
1 c raisins
1 c walnuts -- chopped
1/2 c sunflower seeds

Heat oven to 375 F. Lightly grease cookie sheet with shortening.

Combine shortening, peanut butter, brown sugar, egg, milk, and vanilla; beat with mixer on high speed to blend well. Combine oats, flour, baking soda, salt and cinnamon; add to shortening mixture and combine until just blended. Stir in raisins and nuts, seeds.

Drop by rounded tablespoonfuls onto greased cookie sheet, 2 inches apart. Bake for 10-13 min., or until lightly browned.

Easy Oatmeal Muffins

Makes 1 dozen (12 servings).

1 cup milk
1 cup quick cooking oats
1 egg
1/4 cup vegetable oil
1 cup all-purpose flour
1/4 cup white sugar
2 teaspoons baking powder
1/2 teaspoon salt

Directions

1. Preheat oven to 425 degrees F (220 degrees C). Grease muffin cups or line with paper muffin liners.
2. In a small bowl, combine milk and oats; let soak for 15 minutes.
3. In a separate bowl, beat together egg and oil; stir in oatmeal mixture. In a third bowl, sift together flour, sugar, baking powder and salt. Stir flour mixture into wet ingredients, just until combined. Spoon batter into prepared muffin cups until cups are 2/3 full.
4. Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into the center of a muffin comes out clean.

Oatmeal drop cookies

About 36 cookies

1 1/2 cups-flour
1/4 teaspoon-salt
1 teaspoon-soda
1 teaspoon-cinnamon
1/2 cup-shortening
1 cup-sugar
1 egg
1 1/2 cup-oatmeal
2/3 cup-buttermilk
1/2 cup-chopped nuts
1 cup-raisins (plumped)

Sift flour, measure, and resift twice with salt, soda and cinnamon. Cream shortening, blend in sugar, and add slightly beaten egg; beat until smooth and light. Stir in half the flour; then add milk, rest of flour, oatmeal, nuts, and raisins, stirring until well mixed. Drop from a teaspoon onto a buttered baking sheet, and bake in a 400 degree oven for 10 minutes, or until nicely browned.

Oatmeal Soda Bread

Makes 1 loaf bread

3 cups sifted all-purpose flour
1/3 cup granulated or dark brown sugar
2 1/2 teaspoons baking soda
1 1/2 teaspoons table salt
3 tablespoons unsalted butter or shortening
1 3/4 cups uncooked old-fashioned oats
1 large egg, beaten
1 3/4 cups buttermilk

Preheat oven to 375 F.

Grease a 9 x 1 1/2 inch round layer cake pan

Combine flour, sugar, baking soda, and salt in a bowl. Cut in butter or shortening with a pastry blender or 2 knives. Mix in oats. Gradually add a mixture of egg and buttermilk, stirring until well blended.

Turn mixture into prepared greased pan; spread evenly. Cut a deep cross into top.

Bake at 375:F for 45 to 50 minutes or until a toothpick inserted in center comes out clean. Cool bread on a rack.

Classic Meatloaf

1-1/2 pounds lean ground beef or turkey
3/4 cup Quaker. Oats(quick or old fashioned, uncooked)
3/4 cup finely chopped onion
1/2 cup catsup
1 egg, lightly beaten
1 tablespoon Worcestershire sauce or soy sauce
2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon black pepper

Heat oven to 350F. Combine all ingredients in large bowl; mix lightly but thoroughly. Shape meatloaf mixture into 10x6-inch loaf on rack of broiler pan.

Bake 50 to 55 minutes or until meatloaf is to medium doneness (160F for beef, 170F for turkey), until not pink in center and juices show no pink color. Let stand 5 minutes before slicing. Cover and refrigerate leftovers promptly and use within 2 days, or wrap airtight and freeze up to 3 months.

Quaker Oatmeal cookies (1955 recipe)

Yield: 4 dozen

Ingredients:

2 cup Sifted flour
1/2 tsp Salt
1/2 tsp Baking powder
1 tsp Cinnamon
1/2 tsp Ground cloves
1 cup Crisco shortening
1 1/2 c Brown sugar
2 Eggs, beaten
2/3 cup Sour milk (Add lemon juice to regular milk)
1 1/3 c Rolled oats
1 cup Raisins
1 cup Chopped nuts

Instructions:

1. Sift first five ingredients. Cream shortening and sugar; add eggs; beat until smooth.
 2. Add dry ingredients in small amounts alternatively with milk. (You may do this by hand.) Stir in last three ingredients.
- Drop by teaspoonful onto greased cookie sheets.
Bake at 350 deg. until golden.

Quaker's best oatmeal cookies

1 1/4 c. butter
3/4 c. firmly packed brown sugar
1/2 c. granulated sugar
1 egg
1 tsp. vanilla
1 1/2 c. all-purpose flour
1 tsp. baking soda
1 tsp. salt (optional)
1 tsp. cinnamon (optional)
1/4 tsp. nutmeg (optional)

3 c. Quaker Oats (quick or old fashioned), uncooked. Heat oven to 375 degrees. Beat together butter and sugars until light and fluffy. Beat in egg and vanilla. Combine flour, baking soda, salt and spices; add to butter mixture, mixing well. Stir in oats. Drop by rounded tablespoons full onto ungreased cookie sheet. Bake 8 to 9 minutes for a chewy cookie. 10 to 11 minutes for a crisp cookie. Cool one minute on cookie sheet; remove to wire cooling rack. Store in tightly covered container.

Oatmeal Cookies

1/2 lb. (2 sticks) margarine or butter, softened
1 cup firmly packed brown sugar
1/2 cup granulated sugar
2 eggs
1 tsp. vanilla extract
1-1/2 cups all-purpose flour
1 tsp. baking soda
1 tsp. ground cinnamon
1/2 tsp. salt (optional)
3 cups Quaker Oats (quick or old fashioned, uncooked)
1 cup chocolate chips or raisins, optional

1. Heat oven to 350° F. In large bowl, beat margarine and sugars until creamy. Add eggs and vanilla; beat well. Add combined flour, baking soda, cinnamon and salt; mix well. Add oats and chocolate chips and mix well.

2. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.

3. Bake 10 to 12 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire rack. Cool completely. Store tightly covered.

Servings: 4 dozen.

Apple Brown Betty

1/2 cup butter
1/2 cup brown sugar
1/2 cup oatmeal
5 tart baking apples, peeled, cored and thinly sliced

Preheat oven to 350 degrees F.

Beat together butter and sugar. Add oatmeal to make a stiff batter/dough.

Peel, core and thinly slice apples. Lightly butter a casserole large enough to hold the apples. Place all of the apples in the buttered casserole. Spread the topping over the apples. Bake one hour. Serve with heavy cream, whipped cream, ice cream or just plain.

Serves: 8.

Oatmeal Bread

1 cup flour
1 1/2 cups cooked oatmeal or rolled oats
1 1/2 cups corn meal
1 egg
1 cup milk
1 tsp salt
2 tbsp sugar
2 tbsp shortening
5 tsp Royal Baking Powder

Sift together flour, corn meal, salt, baking powder and sugar; add oatmeal. Add beaten egg, melted shortening and milk. Mix well and bake in greased shallow pan in moderate oven 40 to 45 minutes.

Oatmeal Biscuits

3/4 cup cooked oatmeal
1 1/2 cups wheat or rye flour
2 tbsp shortening
4 tsp Royal Baking Powder
1/4 cup milk
salt to taste

Mix oatmeal with sifted flour, baking powder and salt; rub in shortening, add milk and mix, forming a soft dough. Roll out lightly on floured board. Cut with biscuit cutter and bake in hot oven 12 to 15 minutes.

Oatmeal Cookies

1/3 cup shortening
1 1/4 cups rye or barley flour
3/8 cup sugar
3 tsp Royal Baking Powder
1/4 cup corn syrup
3/4 cup cooked oatmeal
1 egg
1/2 tsp vanilla

Cream shortening, add sugar and syrup, beaten egg, and flour, baking powder and salt which have been sifted together. Mix well and add oatmeal and vanilla. Drop by spoonfuls on greased pan, and bake in moderate oven 15 to 20 minutes.

Oatmeal Macaroons

1 egg
2 cups rolled oats
1/2 cup sugar
2 teaspoons Royal Baking Powder
1 tablespoon shortening
salt to taste
1 teaspoon vanilla
1/4 cup corn syrup

Beat egg yolk and white separately. Cream sugar with melted shortening. Add egg yolk, syrup, salt and oatmeal. Then add baking powder, white of egg and vanilla. Mix thoroughly, drop on greased pan about half teaspoon to each macaroon. Allow space for spreading. Bake about 10 minutes in moderate oven. Cool before removing from pan.

Meat loaf supreme

2 pounds of hamburger

2 eggs

cup diced onions

cup oatmeal

2 beef bouillon cubes in cup boiling water

2 teaspoons salt

cup shredded cheese

1 can beef vegetable soup (undiluted)

Mix all ingredients except the cheese. Place in baking pan and bake 1 hour. Remove from oven and sprinkle cheese on top. Return to oven. Bake 15 minutes more at 375 degrees.

Whole wheat pancakes

1 c. milk
2 tbsp. vegetable oil
1 egg
1/2 c. whole wheat flour
1/2 c. oatmeal
1 tsp. baking powder
1/2 tsp. soda
Dash salt

Mix milk, egg and oil. Add dry ingredients.

Drop by spoon on griddle and cook until top is full of tiny bubbles and underside is brown.
Turn and brown other side.

Makes 10 to 12 small pancakes.

Oat Flour

The Quaker website gives easy instructions for making your own oat flour:

"Place one or more cups of Quick or Old Fashioned Quaker Oats into a food processor or blender. Process for 1 minute, or until the oats are the consistency of cornmeal or a course flour. Store unused (dry) oat flour in a covered container as you would wheat flour."

Old Fashioned Oatmeal Pancakes

Ingredients:

- 1 cup uncooked quick oatmeal
- 1 cup buttermilk
- 1 egg, slightly beaten
- 2 tablespoons margarine, melted and cooled
- 1/4 cup flour
- 1 tablespoon granulated sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon
- dash of salt
- 1/2 teaspoon vanilla or other extract

Combine the oats and buttermilk in a bowl. Cover and refrigerate overnight. In the morning, add the egg and margarine. Stir just to blend. Sift dry ingredients together and add to wet mixture along with the extract. Stir to moisten. If too thick, add extra buttermilk.

Cook on a sprayed griddle or skillet til bubbles appear, then flip and cook about the same amount of time. Serve with syrup.

Homemade Fruit Bars

1 (18.25 ounce) box yellow cake mix
2 1/2 cups quick-cooking oatmeal
1 1/2 sticks (3/4 cup) butter or margarine, melted
1 cup (12 ounce jar) strawberry preserves
1 tablespoon water

Preheat oven to 375 degrees F. Grease 13 x 9-inch cake baking pan.

Combine dry cake mix and oats in a large bowl; add melted butter and stir until crumbly. Measure half of crumb mixture into pan. Press firmly to cover bottom of pan.

Combine preserves and water; stir until blended. Spread over crumb mixture in pan. Sprinkle remaining crumb mixture over preserves; pat firmly to make top even. Bake for 18 to 23 minutes or until top is very light brown. Cool in pan; cut into bars.

Store in an airtight container.

Peanut Butter Granola

1 cup raisins
2/3 cup creamy peanut butter
2/3 cup honey
1/2 teaspoon cinnamon
1 teaspoon vanilla extract
4 cups oatmeal
1/2 cup dried figs, snipped
1 cup shelled peanuts

Pour boiling water over raisins to cover; let stand 10 minutes; drain.

In saucepan, combine peanut butter, honey and cinnamon; heat through. Remove from heat; stir in vanilla extract.

Place oats in large shallow roasting pan or 15 x 10 x 1-inch baking pan. Pour warm peanut butter mixture over oats and stir gently until all the mixture is coated; spread evenly in pan. Bake at 300 degrees F for 35 to 40 minutes, stirring occasionally. Turn off oven; stir in raisins, figs and nuts. Let dry in oven 1 1/2 hours, stirring occasionally.

Baked Oatmeal

2-1/4 cups quick-cooking oats, uncooked or
2 3/4 cups Old Fashioned oats
2/3 cup firmly packed brown sugar
3/4 cup raisins
1 teaspoon ground cinnamon
1/2 teaspoon salt, optional
3-1/3 cups skim milk
4 egg whites, lightly beaten (or 1/2 cup egg substitute)
1 tablespoon vegetable oil
1 tablespoon vanilla

For Serving

skim milk, or nonfat yogurt and fruit, optional

Heat oven to 350 degrees. Spray 8-inch glass baking dish with cooking spray.

In large bowl, combine oats, sugar, raisins, cinnamon and salt; mix well. In medium bowl, combine milk, egg whites, oil and vanilla; mix well. Add to dry ingredients; mix until well blended. Pour into baking dish.

Bake 55 to 60 minutes or until center is set and firm to the touch. Cool slightly.

Serve topped with milk or yogurt and fruit, if desired. Store leftover oatmeal tightly covered in refrigerator.

8 servings

Per serving: 133 Calories (kcal); 2g Total Fat; (12% calories from fat); 5g Protein; 24g Carbohydrate; 2mg Cholesterol; 220mg Sodium

Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates

Baked Oatmeal

5 cups raw rolled oats
4 eggs
1 tablespoon baking powder
Pinch of salt
1/2 cup raisins
2-1/2 cups milk
1/2 cup honey
1 teaspoon cinnamon
1 teaspoon vanilla

Mix together and pour into an un greased 9 x 13 baking pan. Bake at 350° for 30-35 minutes until golden brown. Serve in individual bowls topped with warm maple syrup and half and half. This reheats and freezes well

Baked Oatmeal

3 cups oatmeal
1/2 cup butter
2 cups milk
1 teaspoon salt
3/4 cups brown sugar
2 eggs
2 teaspoons baking powder

Mix all ingredients together and pour into 9 x 13 buttered pan. Bake at 375 for 25 minutes.
Can add dried fruits and nuts and pour into small ramekins for baking and serving individually.

Baked Oatmeal

2 cups old fashioned oats
1/2 teaspoon almond flavoring
1/2 cup sliced almonds
1 large apple, unpeeled and grated
4 cups milk
1/4 cup brown sugar
1/2 cup dried cherries

Preheat oven to 400°. Coat a three-quart casserole or baking pan with cooking spray. In mixing bowl, combine all ingredients. Transfer to baking dish. Sprinkle top with additional almonds. Bake uncovered for 45 minutes. Variation: Omit almonds, almond flavoring and cherries. Add one tablespoon cinnamon, 1/2 cup raisins and 1/2 cup chopped peanuts.
Enjoy! Joann from SC

Baked Oatmeal

Ingredients:

3 cups quick oats
12 oz can FF Evap milk
1/2 cup Egg Beaters
1/2 bag frozen berries, unsweetened
3/4 cup Splenda
2 capfuls vanilla
3 tsp cinnamon

Instructions

Preheat oven to 375. Combine dry ingredients and add wet ingredients. Mix it all up. Pour into a 13X9 glass baking dish that has been well sprayed on sides and bottom with Pam. Bake for about 30 minutes.

I also like to substitute a can of pumpkin for the berries and pumpkin pie spice for the cinnamon.

Makes 8 servings 3 points each

Baked Apple Oatmeal

4 C. Old Fashioned Oats
2 2/3 C. non fat dry milk
3/4 C. brown sugar
2 T. cinnamon
1 tsp. salt
2 C. raisins
2 C. chopped walnuts

Combine all above ingredients.

For 8 servings, add dry ingredients to 4 qt. pot. Mix in 2 T. butter, 2 C. peeled and chopped apples, and 4 qts. boiling water.

For 2 servings, store dry ingredients in airtight container. Use 1 C. dry ingredients in a 12 oz. pot, adding 1 tsp. butter, 1/4 apple, and 1 C. boiling water.

Bake uncovered in a 350 degree oven for 25 minutes. Serve hot with milk.

One of their other outstanding recipes was for a hot apple cider that they kept in hot pots for us to have any time we desired.

Oatmeal Burgers Deluxe

1 cup oatmeal
3/4 cup grated sharp cheddar cheese
1/4 cup sesame seeds
1 small onion, chopped
3 cloves garlic
1/2 teaspoon sage
2 tablespoons tamari
3 eggs

Put eggs, onion, garlic, tamari, sage and grated or chopped cheese in blender. Blend until pretty smooth. Pour over oatmeal in a bowl. Mix with hands until thoroughly mixed. Heat a little oil in a heavy skillet and drop oat mixture into skillet to make 4 to 6 patties. Fry gently over medium heat until brown on the bottom, then turn over to brown the other side. They will hold together when they cook. Serve on buns with lettuce, tomato, pickle, etc. or serve like Salisbury steak with brown gravy.

Oatmeal Cake

3/4 cup Oatmeal (preferably fine)

1/4 cup Flour

1 tsp Salt

Instructions:

1. Mix flour and salt together. Slowly add warm water. Roll out onto a floured board to 1/4-inch thick. Cut into triangles.
2. Cook on a non-stick pan or griddle until golden on both sides. Dry out in a 300F oven until crisp.

Oatmeal Carrot Cake Bread (low fat)

1 cup oats
1/2 cup skim milk
2 1/2 cup flour
1 cup firmly packed brown sugar
1 Tbsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. salt
1 1/2 cup shredded carrots (3 medium)
1/2 cup raisins
1 (8 oz.) can crushed pineapple in juice
4 egg whites
1/4 cup vegetable oil
1 tsp. vanilla

Heat the oven to 350 degrees. Lightly spray the bottom only of a 9x5 loaf pan with non-stick cooking spray. Combine oats with milk; mix well and set aside. In a large bowl, combine flour, sugar, baking powder, baking soda, cinnamon and salt; mix well. Stir in carrots and raisins. Combine reserved oat mixture, pineapple (including juice), egg whites, vegetable oil and vanilla; mix well. Add to dry ingredients; mix just until dry ingredients are moistened. Pour into prepared pan. Bake 60-75 minutes or until wooden pick inserted into center comes out clean and crust is golden brown. Cool 10 minutes and remove from pan. Cool completely.

Each of the 12 slices contains 246 calories and 5 grams of fat.

Oatmeal pie

Serves 6

3/4 cup sugar

3/4 cup dark corn syrup

3/4 cup quick oatmeal

1/2 cup coconut

1/2 cup butter*

2 eggs, well beaten

Mix all ingredients together and put in unbaked pie shell.

Bake 45 to 50 minutes in 350 degree F oven.

Oatmeal Rounds

Makes 6 dozen

1 1/2 cups sifted all-purpose flour
1/2 teaspoon soda
3/4 teaspoon salt
3/4 cup brown sugar
1 1/2 cups quick-cooking rolled oats
1/2 cup shortening
1/2 cup butter or margarine
1 teaspoon vanilla

Sift together flour, soda, and salt; stir in sugar and oats. Cut in shortening and butter till crumbly. Combine 2 tablespoons cold water and vanilla; sprinkle over mixture, tossing lightly till moistened. Shape in rolls 2 inches in diameter. Wrap in waxed paper chill. Slice thinly. Bake on greased cookie sheet at 350F for 8 to 10 minutes.

Oatmeal Snack Cake

1 cup quick oats
1-1/4 cup boiling water
1 cup brown sugar
1 cup sugar
1/2 cup Crisco vegetable shortening or margarine
2 eggs
1-1/3 cup flour - sifted
1/2 tsp salt
1 tsp baking soda
1 tsp vanilla

Combine oats and water - set aside to cool
Cream sugars and shortening; beat in eggs.
Stir in flour, salt and soda, and vanilla; blend in oats.
Bake in 9x14 pan for 40-45 minutes at 350 degrees
Top with whipped cream.

Oatmeal and Brown Sugar Granola Bars

5 cups oatmeal
1/2 cup dry milk
1 tsp cinnamon

3/4 cup brown sugar
1/2 cup honey
1/2 cup vegetable oil

1/2 cup raisins (optional)

Mix oatmeal, dry milk, and cinnamon (you need a pretty big bowl for stirring 5 cups of oats). In a saucepan, combine brown sugar, honey, and veggie oil; stir over medium heat until sugar dissolves. Combine liquid with dry ingredients; stir until most of the dry ingredients have at least touched the wet ingredients (use a spoon, not a whisk; this part will give your arm a workout). Put in a 9x12 baking pan or glass dish (sprayed with nonstick spray) and bake about 10 minutes at 375 degrees. To get the raisins into the bars, you have to kind of moosh them afterwards in while the granola is still hot from baking, and press the granola down after mixing in raisins to make sure your bars don't fall apart.