

30 August 1997

FOOD STORAGE FOR SEPTEMBER 1997

Item to be stored this month: Rolled oats quick

Cost: For every #10 can which holds 21lbs 12ozs its \$1.35.

Money is due by the 28th of September for your order

How to store: Cool dry place.

RECIPES

Oatmeal raisin muffins

1 egg
3/4 cup milk
1 cup raisins
1/2 cup vegetable oil
1 cup white or whole wheat flour
1/3 cup sugar
3 tsp baking powder
1/2 tsp salt
1/2 tsp ground nutmeg
1/4 tsp ground cinnamon
1 cup rolled oats

Heat oven to 400degrees. Grease bottoms only of about 12 medium muffin cups or line with cupcake liners. Beat egg; stir in milk, raisins and oil. Stir in remaining ingredients all at once stir just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown. about 20 minutes. Remove from pan immediately.

Oatmeal cookies

1 cup boiling water
1 cup raisins
1/4 cup butter or margarine
1 cup sugar
2 eggs, beaten
2 cups flour (1 cup whole wheat, 1 cup white)
1/2 tsp salt
1/2 tsp each of cinnamon, nutmeg, and cloves
1 tsp soda
1 tsp baking powder
2 cups oatmeal
1 cup nuts
1 cup chocolate chips (optional)

Pour boiling water over the raisins, butter or margarine and sugar. When mixture is cool, mix in beaten eggs and add the remaining ingredients. Drop by teaspoons on cookie sheet. Bake at 350 degrees for 12 minutes.

Apple Cinnamon Crunch cereal

Combine in large bowl:

4 cups rolled oats
1 cup nuts, chopped (optional)
3/4 tsp salt
1/2 cup coconut
1/2 cup sesame seeds (optional)
1 tsp cinnamon

Mix separately, then add to above mixture:

1/2 cup honey
1/2 tsp vanilla
1/3 cup oil

Mix thoroughly, spread on 2 large cookie sheets and bake at 350 degrees for 20-25 minutes, stir occasionally. Add 1/2-1 cup dried apples cut into fine pieces. Store in tightly covered container.

Peanut Butter-Oatmeal Granola

1/4 cup margarine
1/2 cup brown sugar
1/4 cup milk
2 cups oats
1 tsp vanilla
1/4 cup peanut butter
3 T honey
1 T cinnamon
1/2 cup 6 grain mix

In sauce pan on medium heat melt first 5 ingredients. Bring to boil. Let boil one minute, stirring often. Remove from heat. Add cinnamon, oats, 6-grain and vanilla. Spread onto buttered cookie sheet. Bake 350 degree oven for 30 minutes. Let cool before eating.

Dutch apple oatmeal

1 1/4 cup rolled oats
1 1/4 cup water
1-2 apples
cinnamon
1 1/2 cup milk
1/4 tsp salt
vanilla

Place oats, milk water and salt in a sauce pan and let stand 10 minutes. Bring to a boil. Reduce heat and simmer 10-15 minutes until oatmeal is thick and creamy. Stir in apples and honey, vanilla and cinnamon.