

Peanut Butter Oatmeal Cookies

Ingredients:

- 1/2 cup peanut butter
- 1/2 cup packed brown sugar
- 1 egg
- 1-1/4 cups quick oats
- 1/2 tsp baking soda



Directions:

1. In a small bowl, cream peanut butter and brown sugar until fluffy.
2. Beat in egg.
3. Add oats and baking soda to creamed mixture and mix well.
4. Drop 1 Tbsp. dough 2 inches apart onto greased baking sheets and flatten slightly.
5. Bake at 350° for 6-8 minutes and remove to wire racks to cool.
6. Store in airtight container.

<http://www.tasteofhome.com/recipes/easy-peanut-butter-oatmeal-cookies>

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Homemade Granola

Makes 8 cups

Store for up to 3 weeks

Ingredients:

- 6 cups oats
- 1/4 cup brown sugar
- 1/2 cup oil (vegetable, coconut)
- 1/3 cup honey
- 2 tsp vanilla

Optional Add-Ins:

- *Shredded coconut*
- *Sesame seeds*
- *Sunflower seeds*
- *Raisins*
- *Chopped nuts*

Directions:

1. Mix oats and brown sugar together
2. In a separate bowl, whisk together honey, oil, and vanilla. Pour over dry mixture and stir to coat evenly. Mix in optional nuts/seeds.
3. Spread on greased baking sheet and bake at 350° for about 30 minutes, stirring frequently until golden brown.
4. Add optional dried fruit or coconut after it is finished baking.
5. Let cook and break into smaller pieces. Store in airtight container.



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Dark Chocolate Oats

Total Time: 10 mins
Servings: 1

Ingredients:

- 1/2 cup oats (can substitute 1/2 cup steel cut oats)
- 1 1/2 tsp unsweetened cocoa powder
- 1 1/2 tsp sugar (or sugar substitute)
- 1/4 tsp vanilla extract
- 3/4 cup berries (fresh or frozen) or sliced banana



Directions:

1. Prepare oats with water or skim milk according to package instructions.
2. Stir in cocoa powder, sugar, and vanilla extract into prepared oatmeal.
3. Top with berries or sliced banana.

<http://www.joybauer.com>

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Greater Cleveland
Food Bank

Strawberries and Cream Smoothie

Ingredients:

- 1 cup frozen strawberries
- 1/2 cup vanilla yogurt
- 3/4 cup milk (or alternative milk)
- 1/2 cup uncooked oatmeal
- 1 tsp vanilla extract



Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Drink immediately and enjoy!

Total Time: 2 mins

Servings: 2

<http://www.thekitchenpaper.com>



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