

Total Time: 20 mins Servinas: 24

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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



Food Bank

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Greater Cleveland Food Bank 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
- In a separate bowl, whisk together honey, oil, and vanilla. Pour over dry mixture and stir to coat evenly. Mix in optional nuts/seeds.
- 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

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

Total Time: 10 mins

Servings: 1



Dark Chocolate Dats

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.

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Total Time: 10 mins Servings: 1

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!

http://www.thekitchenpaper.com



Greater Cleveland Food Bank

Strawberries and Cream Smoothie

Ingredients:

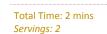
- 1 cup frozen strawberries
- 1/2 cup vanilla yogurt
- 3/4 cup milk (or alternative milk)
- 1/2 cup uncooked oatmeal
- 1 tsp vanilla extract

Directions:

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

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Total Time: 2 mins Servings: 2