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Oatmeal Recipes: The 65 Most Delicious Oatmeal Recipes (Superfood Recipes Book 13)



Synopsis

Oats commonly greet your mornings as an oatmeal porridge but donâ™t let this simple cereal fool you! This family of whole grains contains a storehouse of goodness. It is commonly referred to as the âœbreakfast superfoodâ• due to the large array of health benefits that you can get out of it. Oats don't have to be confined to being a breakfast food either. Gone are the days of bland and mushy oatmeal. Savory dishes, healthy snacks, smoothies and even soups go from dull to delicious with the hearty addition of oatmeal. Not only can you make great tasting healthy dishes with it but oats are cheap, so learning how to cook delicious meals with oatmeal will save you money too! Enjoy the many health benefits of this SUPERFOOD! Oats are an excellent source of manganese, a mineral important in the formation of bones and connective tissues, and molybdenum, which helps in the processing of essential chemical reactions in your body. They are rich in dietary fiber called beta-glucan that helps lower bad cholesterol and prevents the onset of coronary heart disease and certain cancers. Oats help stabilize blood sugar and can enhance your immune system. If you plan on losing weight, oats can make you feel full for a long time so you donâ™t crave for junk foods.

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Customer Reviews

I grew up on oatmeal...and many times I sure grew tired of it. I mean, sometimes two or three meals of oatmeal a day -- we were poor farmers on the prairies of Canada. So it was often oatmeal, or porridge with milk, cream, or when the cows were dry--hot lard! NEVER AGAIN with lard!For decades I've liked oatmeal two or three times a week, often just plain with milk, sometimes some fruit added to it. And now--here's a book I wish we had years ago! No more mushy mush--but dozens of ways to prepare and eat "the mush!" And it has health benefits galore, as well as being inexpensive. Oatmeal is rich in fiber and some minerals, helps to stabilize blood sugar and enhance your immune systemHere you'll have 13 recipes for "porridge," sounds plain but these recipes add more taste and nutrition. BAKED OATMEAL -- 12 recipes that make my mouth water. BREADS & BREAKFAST -- looking forward to trying recipes like "banana almond oat pancakes." SNACKS -- sound better than most granola bars. SMOOTHIES, SOUPS and ENTREES -- really going overboard! Some great recipes for vegetarians.

I eat oatmeal because it's healthy and filling but it can get a little boring. These recipes are great and allow me to enjoy my oatmeal a lot more! I love the oatmeal cookies, pancakes, bars, and baked oatmeal. I highly recommend this book.

I am anemic which means I have to take iron supplements to help my body produce red blood cells. The trouble with taking iron supplements is that they also make you constipated. I need this like a hole in my head. Eating oatmeal and other fibrous foods will balance out the constipation. These are good recipes for solving the problem. Also great for old people who don't eat right or get enough exercise and/or water

Great recipes, telling how to utilize the benefits of oatmeal, in many other ways. Very informative. Love it.

Many, many, many recipes and uses most people never thought of.

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