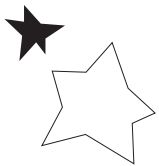




Rolled Oats Master Mix

Do you like to save time, money and energy? Preparing mixes for future use when you have a little time can make meal preparation quick and easy. The mix featured in this handout uses common household ingredients such as rolled oats, a good source of fiber.

Always use good-quality ingredients and measure carefully when making a mix. To save money, shop for ingredients when they are on sale. Label ingredients with the date of purchase.



Rolled Oats Master Mix

- 4 c. all-purpose flour
- 4 c. quick-cooking oats (not instant)
- 1½ c. nonfat dry milk
- ¼ c. double-acting baking powder
- 1½ tsp. salt
- 1½ c. shortening

Put all ingredients except shortening in large plastic container; stir until well blended. Cut in shortening with a fork or pastry blender. Cover tightly, label with date and refrigerate. This mix will keep one month. To measure, spoon into cup, tap lightly and level off with a knife.

Yield: 10 cups

Oat Muffins

- 2¼ c. **Rolled Oats Master Mix**
- ½ c. raisins or other dried fruit
or chopped nuts (optional)
- 2 Tbsp. sugar
- ⅔ c. water
- 1 egg, beaten

Put ingredients in bowl and stir just to moisten. Spoon into 12 greased 2½-inch muffin cups. Bake in preheated 425 F oven for 20 minutes.

Makes 12 servings.

Per serving: 159 calories, 21g carbohydrate, 7g fat, 1.3g fiber and 230mg sodium

Oat-Raisin Cookies

- 1 egg beaten
- ¼ c. water
- ¾ c. sugar
- 1 tsp. vanilla
- 2½ c. **Rolled Oats Master Mix**
- 1 tsp. cinnamon
- ½ c. raisins

Beat egg, water, sugar and vanilla. Mix in dry ingredients. Drop by rounded teaspoonfuls onto greased baking sheets. Bake in preheated 375 F oven 12 to 15 minutes.

Makes 24 cookies.

Per cookie: 93 calories, 14g carbohydrate, 3.6g fat, 0.7g fiber and 115mg sodium

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Buttered Oat Bread Sticks

2 c. **Rolled Oats Master Mix**
1/3 c. butter
1/2 c. water

Put butter in 9-by-13-by-2-inch baking pan and melt in oven while preheating to 450 F. Put mix in bowl and add 1/2 cup water or just enough to hold ingredients together, mixing lightly with fork. Roll out on lightly floured surface to form 10-by-6-inch rectangle. Cut in half lengthwise, then cut each half in six crosswise strips. Using fork, dip each strip in butter, coating both sides; leave strips in pan. Arrange evenly and bake 12 to 15 minutes or until done. Serve hot.

Makes 12 servings.

Per serving: 145 calories, 11g carbohydrate, 10g fat, 0.8g fiber and 213mg sodium

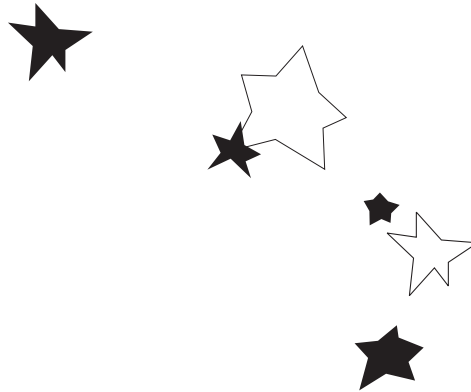
Oat Pancakes

1 1/2 c. **Rolled Oats Master Mix**
1 egg
1 c. water

Stir all ingredients in bowl with spoon until blended. Bake on greased hot griddle or in skillet until browned on both sides and done in middle.

Makes 12 servings.

Per serving: 82 calories, 8.4g carbohydrate, 4.4g fat, 0.6g fiber and 139mg sodium



For more information about nutrition and food safety, visit www.ag.ndsu.nodak.edu/food.htm.

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