

Recipes Using Cinnamon Instant Oatmeal



Neighbors, Inc., South St. Paul, MN 55075

Hearty Oatmeal Pancakes

You will need:

2 cups Cinnamon Instant Oatmeal	$\frac{1}{2}$ cup flour	1 tsp. baking soda
2 cups buttermilk (or milk soured with vinegar)	1 tsp. baking powder	2 eggs beaten
$\frac{1}{4}$ cup oil		

Instructions:

- In a large bowl, blend all dry ingredients. In a separate bowl, mix buttermilk, eggs and oil.
- Add dry to dry mixture, blending well. Allow to stand at least 30 minutes before using.
- For best results, leave overnight in the fridge. Oil a griddle or frying pan generously over medium heat.
- Pour about $\frac{1}{2}$ cup batter into the pan. Cook over medium heat until moderately browned on both sides.
- It should take about 4 - 5 minutes on both sides.
- These cakes are thicker and take longer than flour-only pancakes.

Healthy Granola

You will need:

4 cups Cinnamon Instant Oatmeal	1 $\frac{1}{2}$ cups chopped walnuts or pecans	$\frac{1}{2}$ tsp. ground cinnamon	
$\frac{3}{4}$ tsp. salt	$\frac{1}{2}$ cup maple syrup or honey	$\frac{1}{2}$ cup olive oil	1 tsp. vanilla extract
$\frac{2}{3}$ cup dried cranberries or other dried fruit	$\frac{1}{2}$ cup chocolate chips or coconut flakes: optional		

Instructions:

- Preheat oven to 350 degrees F. Line a large, rimmed baking sheet with parchment paper.
- In a large mixing bowl, combine oats, nuts, salt and cinnamon. Stir to blend.
- Pour in the oil, maple syrup, and/or honey and vanilla. Mix well until every oat and nut is lightly covered.
- Pour the granola mixture into the prepared pan and use a large spoon to spread it in an even layer.
- Bake until lightly golden, about 21 to 24 minutes, stirring halfway through.
- For extra clumpy granola, press the stirred granola down with a spatula to create a more even layer.
- The granola will further crisp as it cools. Let the granola cool completely, undisturbed for 45 minutes.
- Top with the dried fruit and optional chocolate chips or coconut, if using.
- Break granola into pieces with your hands if you want larger chunks or stir with a spoon for small pieces.
- Store in an airtight container at room temperature for 1 - 2 weeks.

No-Bake Instant Oatmeal Cookies

You will need:

3 cups Cinnamon Instant Oatmeal	$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup of butter	1 $\frac{3}{4}$ cups white sugar
4 tbsp. unsweetened cocoa powder	$\frac{1}{2}$ cup crunchy peanut butter		1 tsp. vanilla extract

Instructions:

- Combine sugar, butter, milk, and cocoa in a medium saucepan. Bring to a boil. Stir often.
- Boil for **exactly** 1 $\frac{1}{2}$ minutes. Remove from heat and stir in peanut butter.
- Add oats and vanilla. Stir until well combined.
- Drop by teaspoonfuls onto waxed paper. Let cool until hardened.

Chocolate Baked Oats

You will need:

1/3 cup Instant Cinnamon Oatmeal	1/3 cup milk	1 egg
1 tbsp. cocoa powder	1 tbsp. maple syrup	½ tsp. baking powder
2 - 4 tbsp. chocolate chips		

Instructions:

- Preheat oven to 350 degrees F. Get out a small baking dish and grease it well.
- In a bowl, combine all of the ingredients except the chocolate chips. Mix ingredients until smooth.
- Stir some of the chocolate chips through the batter and then spoon batter into the baking dish.
- Top with the rest of the chocolate chips.
- Place in the preheated oven for 25 - 35 minutes or until cooked through.
- Remove from oven. Top with any extra toppings. Enjoy!

Oatmeal Apple Crisp

You will need:

1 ¼ cups Instant Cinnamon Oatmeal	½ cup butter	1 cup brown sugar
3 ½ cups apples, peeled, cored and sliced	1 cup all-purpose flour	1 pinch salt
½ cup walnuts, chopped	¼ cup maple syrup, honey or applesauce	

Instructions:

- Preheat oven to 350 degrees F. Place peeled, cored and sliced apples in a 9x13-inch baking dish.
- In a bowl, cream together butter and sugar. Stir in flour, instant oatmeal and salt.
- Fold in walnuts. Sprinkle oatmeal mixture evenly over apples.
- Drizzle with maple syrup, honey or applesauce.
- Bake in preheated oven for 50 - 70 minutes, until apples are tender and topping is golden.

Oatmeal Scotchies Cookies

You will need:

2 ¼ cups Instant Cinnamon Oatmeal	¾ cup butter, softened	1 ½ cup brown sugar
1 egg	2 tsp. vanilla extract	1 ½ cup all-purpose flour
½ tsp. baking soda	½ tsp. baking powder	½ tsp. salt
1 ½ cups butterscotch chips		

Instructions:

- Line your baking sheet with parchment paper. Preheat oven to 350 degrees F.
- Add butter and brown sugar to a bowl. Use a mixer to blend ingredients together until light and fluffy.
- Add the egg and vanilla. Beat for another minute.
- Add the flour to the bowl and sprinkle baking soda, baking powder and salt over the top.
- Mix until well combined.
- Mix in the oats and then the butterscotch chips. Mix until combined.
- Use a spoon and your hands to roll out to 1 to 1 ½ inch dough balls.
- The mixture will be a little sticky, but not so much that you can't roll out the balls.
- If you need to, you can add 1 tbsp. flour at a time until the dough is manageable.
- Be sure you don't add too much flour.
- Place dough balls about 2 inches apart on the baking sheet.
- Bake for 10 - 15 minutes until the centers are set and the edges begin to brown.
- Allow them to cool on a wire rack. Enjoy!