

Homemade Instant Oatmeal Mix

This is a *GREAT* way to cut down on the sugar that's in those instant oatmeal packets and the cost. A good activity for the kids to help prepare!!!



- 5 cups instant oatmeal
- 4 tablespoons brown sugar
- 1 cup raisins (or other dried fruit)
- 3 tablespoons dry milk powder
- 10 ziplock bags (optional)

In a large bowl combine oatmeal, brown sugar, dry fruit, and dry milk. Transfer ingredients to an airtight container (or ziplock bags) to store until ready to use. To make two servings: Place 1/2 cup of mixture and 3/4 to 1 cup boiling water (*depending how thick you like your oatmeal*) into a cereal bowl. Let stand until thickened.

Yield: 20 servings 1 serving = 1 grain/bread alternate for 6—12 yr olds
<http://www.mrbreakfast.com/superdisplay.asp?recipeid=2084>

Mixed Grain and Wild Rice Cereal Recipe

- 8 cups water, divided
- 1/2 cup uncooked wild rice, rinsed
- 1/2 cup medium pearl barley
- 1/2 cup old-fashioned oats
- 1/2 cup raisins
- 1/2 cup chopped dates
- 1/3 cup packed brown sugar
- 3 tablespoons butter
- 1/2 teaspoon ground cinnamon

In a large saucepan, combine 2 cups water and wild rice; bring to a boil. Cover and simmer for 20 minutes; drain. Place in a greased 2-1/2-qt. baking dish. Add the barley, oats, raisins, dates, brown sugar, butter, cinnamon and remaining water. Cover and bake at 375° for 1 hour and 40 minutes or until grains are tender, stirring occasionally. Serve with honey if desired.

Yield: 8-10 servings. 1 serving = 1 grain/bread alternate for 6—12 yr olds
<http://www.tasteofhome.com/Recipes/Mixed-Grain-and-Wild-Rice-Cereal>

Country Breakfast Cereal

- 1 cup (uncooked brown rice
- 1/4 tablespoon butter or trans-fat free margarine
- 1/2 cup seedless raisins or dried cranberries
- 1 teaspoon ground cinnamon
- 2 1/4 cups water*

Combine rice, butter, raisins and cinnamon with water 2- to 3-quart saucepan. Bring to a boil; stir. Reduce heat, cover, and simmer 40 to 50 minutes, or until rice is tender and liquid is absorbed. Fluff with fork. Serve with milk or cream, honey or brown sugar, and fresh fruit or nuts, if desired.

Variation: Make Country Breakfast Cereal using leftover cooked brown rice. For 3 cups (585g) cooked rice, add butter or trans-fat free margarine, raisins or cranberries and cinnamon above, and heat in a saucepan or in your micro wave oven until heated through. Add optional ingredients, if desired.

Yield: 8—1/4 cup servings 1 serving = 1 bread/grain alternate for 3 - 5 yr olds
Courtesy of Rice Federation

Oh-So-Good Oatmeal Recipe

- 3 cups water
- 2 medium tart apples, chopped
- 1-1/2 cups old-fashioned oats
- Dash salt
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped almonds



In a large saucepan over medium heat, bring water to a boil. Add the apples, oats and salt; cook and stir for 5 minutes. Remove from the heat; stir in the brown sugar, cinnamon and vanilla. Cover and let stand for 2 minutes. Sprinkle each serving with almonds. Serve with maple syrup and/or milk if desired. Yield: 4 servings.

Yield: 4 servings. 1 serving = 1 grain/bread alternate for all children.