



High Energy Oatmeal

Serving Size: 1 cup

Yield: 40 cups (total servings)

Ingredients:

- 8 cups rolled oats (not quick or instant oats)
- 1/3 cup unsalted sunflower seeds
- 1/3 cup oat bran
- 1/3 cup toasted wheat germ
- 1/3 cup cracked wheat
- 1/3 cup ground flax seed (if using whole flax seeds, grind it just before adding to bag)
- 1/3 cup millet



To make dry oatmeal mixture:

1. Add ingredients to bag in any combination
2. Shake the bag to mix thoroughly
3. Store in the refrigerator.
4. Use within a month's time because the flax seed can become rancid if kept too long.

Directions for 1 serving:

1. Take 1/4 Cup of High Energy Oats mixture
2. Add 1/2 cup fat-free milk
3. Add tablespoon of walnuts
4. Add tablespoon of dried blueberries
5. Microwave on high for 2 minutes 35 seconds
6. Allow oatmeal to stand a few minutes before eating

Nutrition Facts: Calories, 210; Calories from fat, 63; Total fat, 7g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 55mg; Total Carbohydrate, 27g; Fiber, 4g; Protein, 10g; Vitamin A, 6%; Vitamin C, 0%; Calcium, 15%; Iron, 8%

Source: www.extension.org



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.