

DELICIOUS ROLLED OATS RECIPES FOR BREAKFAST ON A BUDGET

*5 Gluten Free, Low-Cost*

# CHEERY-OATS

# BREAKFASTS



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# *Introduction to* **CHEERY-OATS BREAKFASTS**

Through the years, I have consistently found that the purchase of rolled oats is **the most economical way** to do breakfasts—especially with a table full of children.

I buy them in bulk, whether 10-, 25-, or 50-lb bags; and either store them: as is, in my garage (winter), or in sealed plastic bags (summer) after opening the original sack.

Of course, **organically-grown is best**, but if funds prohibit, then conventionally-grown will do.

Be sure to focus on the **major** of rolled oats: the **soaking and traditional preparation** to ensure digestability and full nutrient absorption.

Each one is a main-stay in my home, and often crosses the line of when it gets eaten; that is, we're known to eat these meals for lunch or dinner, as well.

And, major mutiny threatens when we're low on Soaked Granola-----it's just that **delicious and satisfying!**

*Laurie*



## *Gathering* **THE GOODS**

For the following **CHEERY-OATS Breakfasts**, you will utilize a combination of four main foods:

1. **Whole rolled oats;**  
not quick oats.
2. **Milk** (raw, unpasteurized is best, cultured into buttermilk, yogurt or kefir)
3. **Whole grain gluten free flour**
4. **Eggs** (pasture-raised, organic)

And, various **side ingredients**:

- Real Butter
- Nutritional Sweeteners (honey, maple syrup, sucanat)
- Coconut Oil
- Soaked Nuts and Seeds
- Jam or Jelly
- Fresh, Frozen or Dried Fruit
- Whey
- Salt
- Vanilla
- Nutmeg or other spices
- Dried Coconut
- Baking powder and soda.



# BASIC BREAKFAST PORRIDGE

(FROM NOURISHING TRADITIONS BY SALLY FALLON)

## INGREDIENTS:

- 1 cup oats, rolled or cracked
- 1 cup warm filtered water plus 2 TBS whey, yogurt, kefir or buttermilk
- ½ tsp. sea salt
- 1 cup filtered water
- 1 TBS flax seeds (optional)

## METHOD:

1. Mix oats with warm water mixture, cover and leave in a warm place for at least 7 hours and as long as 24 hours.
2. Bring an additional 1 cup of water to a boil with sea salt.

3. Add soaked oats, reduce heat, cover and simmer several minutes.
4. Meanwhile, grind optional flax seeds in a mini-grinder.
5. Remove from heat, stir in seeds and let stand for a few minutes.
6. Serve with plenty of butter or cream and a natural sweetener

Make it easy on yourself, and soak a week's worth at one time in a half-gallon, glass container.

Then keep it in your refrigerator and use as needed.



# SOAKED OATMEAL PANCAKES

(FROM LAURIE SMITH OF FOODWIFERY.COM)

## INGREDIENTS:

- 4 cups rolled oats
- 3 cups whole grain gluten free flour

Mix these together in a large bowl and pour over:

- 4 cups water with 4 TBS yogurt stirred in.

Mix, cover and allow to stand overnight at room temperature.

The next morning, mix in:

- 1-1/2 cups milk
- 3 tsp. baking powder
- 3 tsp. baking soda
- 2 tsp. salt
- 4 to 6 TBS olive or coconut oil
- 2 tsp. vanilla (optional, and good!)

## METHOD:

Mix well and add extra water as needed to achieve the desired consistency.

This makes a large amount, but pancakes store well in the refrigerator.

We eat leftovers served cold with butter, or apple sauce and yogurt spooned over the top.



# SOAKED GRANOLA



## INGREDIENTS:

- 24 cups rolled oats
- 4 tsp. cinnamon
- 3 cups honey
- 3 cups coconut oil  
(or half oil, half butter)
- 10 TBS whey
- 4 cups water



## METHOD:

"HOLY TOLEDO----24 cups of oats?! I know. I know. But why not make a huge batch? They WILL get consumed; they WILL keep in a cool, air-tight space; and you WILL NOT have to make make them so often. That's time and effort and energy saved.

Combine the oats and cinnamon in a large container (a roaster works well). Combine the four liquid ingredients together in a sauce pan to warm just enough to mix well. Pour this mixture over the oats and stir until all the oats are covered. The consistency will be 'sloppy'.

Cover container and allow to stand at room temperature for 24 hours.

Spread oats on cookie sheets and place in a 150 oven or dehydrator. You can either allow them to dry until crunchy (about 24 hours), OR go less time and end up with a more easily-chewed product (for younger children).

Every oven is different, so check your granola occasionally for desired doneness. The crunchy can be stored in an airtight container, but the less crunchy has more moisture in it and needs to be stored in the refrigerator. Yield is about 2 gallons.

Serve with milk or yogurt, and add nuts, dried or fresh fruit, or other flavorings as desired. Also makes for good snacking when on the go. Just package in individual zip lock bags, add more dried fruit, and even a few chocolate chips.

# MUESLI

(TRADITIONAL EUROPEAN BREAKFAST)



The term **muesli** means “mush or soft food”, and it’s probably the easiest of the oat breakfasts to make.

This combination with fresh apples is our favorite, but it can be customized hundreds of ways.

Have fun!

## INGREDIENTS:

- 3 cups rolled oats
- ½ cup raisins
- 3 TBS coconut, dried
- 3 TBS chopped almonds
- 1-1/2 tsp. vanilla

## METHOD:

Mix all together in a bowl and pour enough raw milk in to just cover; about two cups.

Cover with lid or plastic wrap and allow to stand at room temp overnight.

In morning, stir and serve with milk, sliced apples or bananas, etc.

This can also be placed in refrigerator to chill slightly for a cold breakfast; or heated gently for a warm meal.

Try a variety of nuts, seeds, dried fruits and flavorings.





# BAKED OATMEAL

(FROM LAURIE SMITH OF FOODWIFERY.COM)

Your family will be ecstatic when they see this **OVERGROWN OATMEAL COOKIE** dish on their breakfast table.

We slice bananas on, and pour over the cold, raw milk.

Amazing---and always super satisfying.

## METHOD:

Soak overnight:

- *Six cups oatmeal in four cups of milk, yogurt, kefir or any combination of the three.*

Cover and keep at room temperature.

In the morning add:

- 2 eggs
- 1 cup *sucanat*
- ½ cup *coconut oil*
- 4 tsp. *baking powder*
- ¾ cup *walnuts*
- 2 tsp. *salt*

Mix well and put in 8x13 baking dish, well-oiled with *coconut oil*.

At 350, bake for approximately 45 minutes or until top is firm and browned and looks like a big oatmeal cookie!

Keeps well covered and in the refrigerator for several days.

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