

Oatmeal Cookie Muffins + Kid-made Sweet Cream Butter + Oatmeal Cookie Granola



oatmeal cookie muffins

preheat+plump+blend

Preheat your oven to 350 degrees. Plump up **½ C raisins** by heating some water in a small saucepan on your stovetop and adding the raisins for a few minutes until soft. Drain the water. Mash **2 really ripe bananas** until they have formed a paste. Then blend up the bananas and softened raisins into a thick paste with an immersion blender, regular blender, or food processor.

measure+mix

Measure and mix together the dry ingredients in one bowl: **1 C old fashioned oats, 1 C all-purpose flour, ½ C brown sugar, 2 tsp baking powder, ½ tsp baking soda, and 1 tsp cinnamon**. Measure and mix together the wet ingredients in a separate bowl: **¾ C plain whole milk yogurt, ¾ C milk, 2 large eggs, and 1 tsp vanilla extract**.

whisk+fold+stir

Whisk the wet ingredients into the dry until just combined and then fold in the banana/raisin mixture, along with **¼ C chocolate chips**. Finally stir in **2 T room temperature butter or oil**.

bake+serve

Bake in lined cupcake tray for 10-15 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Serve with kid-made butter and granola!

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Summer 2017

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sweet cream butter

fill+pinch+shake

Fill a plastic jar $\frac{1}{4}$ full with **heavy whipping cream** and **a pinch of salt**. Have kids shake, shake, shake until it becomes butter. It may take up to 5 minutes to make the butter. Just when you feel like the cream will not move in the container is right before the butter is made - keep going until you hear a slosh and a thump. You cannot over shake butter!

drain+stir

Drain off excess liquid from the butter. Stir in **2 T honey** and enjoy with your warm muffins!



easy skillet oatmeal cookie granola

combine+cook+stir

Combine **$1\frac{1}{2}$ C old-fashioned oats**, **2 T pumpkin or sunflower seeds**, **1 T butter or vegetable oil**, **$\frac{1}{4}$ tsp vanilla extract**, **2 T honey or sugar**, **$\frac{1}{2}$ tsp ground cinnamon**, and **$\frac{1}{3}$ C raisins** in a wide skillet on your stovetop over medium-high heat. Cook, stirring often, for 5-10 minutes, or until the granola is well coated, crunchy, and golden.

cool+stir+serve

Set aside to cool completely. Stir in **$\frac{1}{4}$ C chocolate chips**. Serve with muffins, yogurt, or just eat and enjoy!

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shopping list

Oatmeal Cookie Muffins

- 1 C old-fashioned oats
- 1 C all-purpose flour
- ½ C brown sugar
- 2 tsp baking powder
- ½ tsp cinnamon
- ¾ C plain whole milk yogurt
- ¾ C milk
- 2 large eggs
- 1 tsp vanilla extract
- 2 really ripe bananas
- ½ C raisins
- ¼ C chocolate chips
- 2 T room temperature butter or oil

Oatmeal Cookie Granola

- 1½ C old fashioned-oats
- 2 T pumpkin or sunflower seeds
- 1 T butter or vegetable oil
- ¼ tsp vanilla extract
- 2 T honey or sugar
- ½ tsp cinnamon
- ⅓ C raisins
- ¼ C chocolate chips

Kid-made Sweet Cream Butter

- small container heavy whipping cream
- pinch of salt
- 2 T honey

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The Surprise Ingredient Of The Week Is: Oatmeal!

- ★ **Oats were one of the earliest cereals cultivated by humans.** They were known in ancient China as long ago as 7,000 BC. The ancient Greeks were the first people known to have made a recognizable porridge (cereal) from oats.
- ★ **The oat is called a groat after the hull has been removed.** Old-fashioned oats are groats that are steamed and rolled but not cut. They cook in 5 minutes on the stove-top or 3 minutes in a microwave oven and can be used for baking. Quick oats are groats that are cut into two or three pieces, then steamed and rolled. They cook in just 1 minute on the stove-top or a microwave oven and can also be used for baking.
- ★ **Production and acreage of oats has declined steadily since 1945 when a record 1.5 billion bushels were produced utilizing 42 million acres.** Oat acreage has declined so readily because oat demand has fallen. The main demand for oats comes as an animal feed, primarily horses. As the population of horses has declined, the demand and resources devoted to oats has decreased as well. Only about 5% of the world's oat crop is consumed as food by humans, the majority of the crop is fed to animals.
- ★ **Over half of U.S. oat production is grown in South Dakota, North Dakota, Wisconsin, Minnesota, and Iowa.**
- ★ **Oat flour is used in some peanut butters and chocolates because it helps keep foods from spoiling.** It is used in ice cream and other dairy products as a fat stabilizer.
- ★ **Oats contain soluble fiber, which can help lower unhealthy cholesterol in the body,** reduce blood sugar, increase the feeling of fullness, and increase growth of good bacteria in the digestive tract.
- ★ **Oats contain more protein than most grains** - half a cup of dry oats contains 13 grams of protein.

Time for a laugh!

Did you hear the joke about oatmeal? Nevermind...it's a bunch of mush!
What did the kid say when his brother spilled his oatmeal? LOL - laugh OAT loud!

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