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Oatmeal Recipes: The 65 Most Delicious Oatmeal Recipes (Superfood Recipes Book 13)



Synopsis

Oats commonly greet your mornings as an oatmeal porridge but don't let this simple cereal fool you! This family of whole grains contains a storehouse of goodness. It is commonly referred to as the "breakfast superfood" due to the large array of health benefits that you can get out of it. Oats don't have to be confined to being a breakfast food either. Gone are the days of bland and mushy oatmeal. Savory dishes, healthy snacks, smoothies and even soups go from dull to delicious with the hearty addition of oatmeal. Not only can you make great tasting healthy dishes with it but oats are cheap, so learning how to cook delicious meals with oatmeal will save you money too! Enjoy the many health benefits of this SUPERFOOD! Oats are an excellent source of manganese, a mineral important in the formation of bones and connective tissues, and molybdenum, which helps in the processing of essential chemical reactions in your body. They are rich in dietary fiber called beta-glucan that helps lower bad cholesterol and prevents the onset of coronary heart disease and certain cancers. Oats help stabilize blood sugar and can enhance your immune system. If you plan on losing weight, oats can make you feel full for a long time so you don't crave for junk foods.

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Customer Reviews

I am anemic which means I have to take iron supplements to help my body produce red blood cells. The trouble with taking iron supplements is that they also make you constipated. I need this like a hole in my head. Eating oatmeal and other fibrous foods will balance out the constipation. These are good recipes for solving the problem. Also great for old people who don't eat right or get enough exercise and/or water

I eat oatmeal because it's healthy and filling but it can get a little boring. These recipes are great and allow me to enjoy my oatmeal a lot more! I love the oatmeal cookies, pancakes, bars, and baked oatmeal. I highly recommend this book.

Oatmeal is a great inexpensive food that is not just for breakfast anymore. The recipes in that book are great and easy to make with everyday ingredients that are budget wise too .

Many, many, many recipes and uses most people never thought of.

nice book.

Great recipes, telling how to utilize the benefits of oatmeal, in many other ways. Very informative. Love it.

not very creative as I have expected...

Just Great!

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