

CONTINUE
TO PREPARE

Lindon Home Storage Hours

Monday and Wednesday 10-2 pm
Tuesday and Thursday 10-6 pm
Saturday 9-1 pm

- ◆ The Lindon Home Storage Center will be closed the following dates:

November 24-26

- ◆ Do you have questions about your food storage? We are here to help you!

- ◆ Exciting News:

Saratoga Springs Home
Storage Center

(801) 436-8205
142 Medical Drive, Suite 1
Saratoga Springs

MISSIONARY NEWS!

Elder Jeff and Sister Diane Kirk have transferred to the new Saratoga Springs Home Storage Center/Bishops Storehouse as the managers. Additionally, Sister Michele Thompson has transferred to the Saratoga Springs Home Storage Center. We appreciate their diligent service.



LINDON HOME STORAGE CENTER

3 October 2022 Edition—940 West Center, Lindon, Utah 801-785-0997

Church sites: churchofjesuschrist.org (search for food storage); Gospel Library/Topics/Gospel Topics/Food Storage; Providentliving.churchofjesuschrist.org; store.churchofjesuschrist.org

Oats

Oats are one of the simplest, most versatile, and inexpensive ways to get whole grains. The Home Storage Centers carry both rolled (“Old Fashioned”) and quick oats in #10 cans. There is a 30-year shelf life on both, and *both* are whole grains. The difference in types of oats is not nutrition, but the texture and the amount of time needed to cook. Quick oats have been rolled into thinner flakes than the regular oats.

According to Healthline oats are among the healthiest grains on earth. They are a gluten free whole grain and a great source of important vitamins, minerals, fiber, and antioxidants.

Studies show that oats and oatmeal have many health benefits including the following:

- Incredibly nutritious
- Good source of carbohydrates, fiber, and protein
- Loaded with important vitamins, minerals, and antioxidants
- Slow digestion, increasing feelings of fullness
- Reduced risk of heart disease. Oats can lower cholesterol levels and protect LDL cholesterol from damage. According to Healthline studies show that the beta-glucan fiber in oats is effective at reducing both total and LDL (bad) cholesterol levels.
- Oats can improve blood sugar control
- Oatmeal is very filling and may help you lose weight.

The most popular way to incorporate oats into your diet is simple to eat oatmeal for breakfast.

Simple Oatmeal

½ cup rolled oats

1 cup water or milk

A pinch of salt

Combine ingredients in a pot and bring to a boil. Reduce heat to a simmer and cook the oats, stirring occasionally, until soft.

Fluffy Oatmeal

1 cup water

A pinch of salt

Bring water to a boil and add ½-¾ cup rolled oats. Return to boil. Cover with lid and shut off burner. Let sit for 5-7 minutes until water is absorbed.

To make oatmeal tastier and even more nutritious, you can add cinnamon, fruits, nuts, seeds, and or Greek yogurt.

RECIPES

Vanishing Oatmeal Raisin Cookies

Courtesy of Quaker Oats

- ½ cup plus 6 tablespoons butter
- ¾ cup firmly packed brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 ½ cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 3 cups quick or rolled oats, uncooked
- 1 cup raisins

Heat oven to 350 degrees. In large bowl, beat butter and sugars on medium speed until creamy. Add eggs and vanilla, beat well. Add combined flour, baking soda, cinnamon, and salt; mix well. Add oats and raisins; mix well. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Bake 8-10 minutes or until light golden brown. Cool 1 minute on cookie sheets; remove to wire racks. Cool completely.



Overnight Oats

- ½ cup oats
- ½ cup milk
- ¼ cup plain, nonfat yogurt
- ½ cup apple, chopped
- 1/8 teaspoon ground cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds

Add oats to container of choice and pour in milk and low-fat yogurt. Add in a layer of chopped apples, and top with cinnamon, drizzle with honey, and chia seeds. Place in fridge and let steep for at least 8 hours. Best to eat within 24 hours.



Banana Bread Overnight Oats

- 1/2 cup mashed ripe banana
- ½ cup rolled oats
- ½ cup milk
- 2 tablespoons chopped pecans or walnuts
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- Dash of salt

1 tablespoon ground flax (optional)
2 teaspoons 100% pure maple syrup
Mash the banana in the bottom of a bowl or jar that can be sealed. Combine all other ingredients and stir well to combine. Refrigerate overnight or at least 4 hours. Serve hot or cold.

Cinnamon Roll Overnight Oats

- ½ cup rolled oats
- ½ cup milk
- ¾ cup plain or vanilla Greek yogurt
- ½ teaspoon cinnamon
- Pinch of salt
- 2 teaspoons brown sugar
- 1 teaspoon vanilla

In a jar or container stir together the oats, milk, yogurt, cinnamon, salt, brown sugar, and the vanilla until well combined. Cover and chill overnight.

Oatmeal Pancakes

- 1 cup buttermilk (low fat)
- ¾ cup rolled oats (do not use instant or quick cooking)
- 1 ¼ cups whole wheat flour
- 1 ½ teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2/3 cup walnuts, chopped (optional)
- 1/3 cup brown sugar
- 1/3 cup canola oil
- 1 egg
- 1 teaspoon vanilla extract

In a small bowl, combine oats and buttermilk. Set aside for 30 minutes. In a medium bowl, combine flour, baking powder, soda, cinnamon, and salt. Stir in walnuts. In a large bowl, stir together brown sugar substitute, egg substitute, oil, and vanilla until well blended. Stir oat mixture into the egg mixture, then stir flour mixture into that. Stir until all ingredients are just combined. Do not over mix.

5 Minute Protein Peanut Butter Energy Bites

Courtesy Ambitious Kitchen

- ½ cup natural drippy peanut butter or almond butter
- ¼ cup honey (or date syrup or coconut syrup)
- 1 teaspoon vanilla
- 1/3 cup protein powder of choice
- 1/3 cup flaxseed meal
- ½ cup rolled oats
- ½ teaspoon cinnamon
- 1 Tablespoon chia seeds
- 1 Tablespoon mini chocolate chips

In a bowl or food processor add peanut butter, honey, vanilla, protein powder, flaxseed meal, oats, cinnamon, and chia seeds. Pulse, or mix together until well combined. Add in chocolate chips and mix. Use a medium cookie scoop or your hands and roll into 10 balls, place in fridge.



Although oats are naturally gluten-free, they are sometimes contaminated with gluten. That's because they may be harvested and are processed using the same equipment as processed the wheat. This is true with the oats that the Home Storage Center sells. All the equipment is cleaned before harvesting and processing, but they cannot guarantee that the oats are gluten-free because they are processed in the same plant that processes wheat. If you have celiac disease or are gluten sensitive, choose oat products that are certified as gluten-free.

Peanut Butter Energy Bites

Courtesy of Chefsavvy.com

- 2/3 cup peanut butter
- ½ cup semi-sweet chocolate chips
- 1 cup rolled oats
- ½ cup ground flax seed
- 2 tablespoons honey

Combine all ingredients in medium bowl. Place in the refrigerator for 15-30 minutes so they are easier to roll. Roll into 12 bites and store in the fridge for up to a week.

Homemade Granola

Courtesy of Cheryl Bradley

- 10-12 cup rolled oats
- 1 cup unsweetened coconut
- 1 cup seeds (sunflower, pumpkin, etc.)
- 1 cup nuts
- 2 cups All-Bran cereal
- 1 cup oil
- 2/3 cup water
- 1 tablespoon vanilla
- 1 ½ cup brown sugar

Mix liquids and brown sugar. Pour over dry ingredients. Bake 325 degrees for 25 minutes. Stir halfway.

Baked Oatmeal

Courtesy of Best Bites

- 3 c. oats (not quick-cooking)
- 3/4 c. brown sugar
- 1 tsp. salt
- 2 tsp. cinnamon
- 2 tsp. baking powder
- 3/4 c. Craisins, raisins, dried cherries, or other dried fruit
- 1 c. milk
- 1/2 c. butter, melted (you can substitute applesauce for 1/4 c. of the butter if you want)
- 2 tsp. vanilla
- 2 eggs



Preheat oven to 350. In a large bowl, combine the oats, brown sugar, cinnamon, baking powder, salt, and Craisins. In a smaller bowl, mix together the milk, butter, vanilla, and eggs. Add the liquid mixture to the dry mixture and whisk to combine. Pour into a deep 9" pie plate or an 8x8" or 9x9" baking dish. Bake for 40 minutes or until the top is golden brown. Serve immediately with a splash of warmed milk. Serves 8.

Healthy Granola

Courtesy Cookie and Kate

- 4 cups old-fashioned rolled oats
- 1 ½ cup raw nuts and/or seeds
- ¾ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ cup melted coconut oil or olive oil
- ½ cup maple syrup or honey
- 1 teaspoon vanilla extract
- ¾ cup dried fruit, chopped if large
- Optional mix-ins after baking: ½ cup chocolate chips or coconut flakes



Preheat oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper. In a large mixing bowl, combine the oats, nuts and/or seeds, salt and cinnamon. Stir to blend. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer. Bake until lightly golden, about 21 to 24 minutes, stirring halfway. The granola will further crisp up as it cools. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using). Break the granola into pieces with your hands if you want to retain big chunks, or stir it around with a spoon if you don't want extra-clumpy granola. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months. The dried fruit can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.

Apple Crisp

Courtesy Betty Crocker Cookbook

- 4 cups sliced tart apples
- 2/3 to ¾ cup packed brown sugar
- ½ cup flour
- ½ cup oats
- 1/3 cup butter, softened
- ¾ teaspoon ground cinnamon
- ¾ teaspoon ground nutmeg

Heat oven to 375 degrees. Grease square pan, 8x8x2-inches. Arrange apple slices in pan. Mix remaining ingredients. Sprinkle over apples. Bake about 30 minutes or until topping is golden brown and apples are tender. Serve warm with cream or ice cream. 6 servings.

