OATS, WHOLE GRAIN, ROLLED,DRY
Date: October 2012

**PRODUCT DESCRIPTION**
- Rolled oats are a whole grain dry cereal with no added vitamins and minerals. It needs to be cooked before eating.

**STORAGE**
- Store unopened bags of oats in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the [FDD Web site](http://www.fns.usda.gov/fdd/).

**PREPARATION/COOKING**
- Bring ½ cup water to a boil. Stir in ½ cup oats.
- Cook 5 minutes.

**USES AND TIPS**
- Cook rolled oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Rolled oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Rolled oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

**NUTRITION INFORMATION**
- ½ cup of cooked rolled oats counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

**OTHER RESOURCES**
- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)

**NUTRITION FACTS**
Serving size: ½ cup (117g) rolled oats, cooked in water

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>15</td>
<td>3%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
**CINNAMON OATMEAL PANCAKES**

**MAKES ABOUT 6 SERVINGS**

**Ingredients**
- ½ c. flour
- 1 tsp. baking powder
- ¼ tsp. salt
- 1 T. cinnamon
- 2 eggs
- 1 c. oats
- 1 ¼ c. low-fat milk
- 1 T. vegetable oil
- 1 T. brown sugar

**Directions**
1. In a medium bowl, combine milk and oats. Let stand 5 minutes.
2. Add oil and eggs. Mix well.
3. Stir in flour, brown sugar, baking powder, and salt.
4. Stir batter before pouring each pancake.
5. Pour ¼ cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
6. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift the spatula and flip over. Lightly brown the other side.
7. Serve warm by themselves or top with canned or fresh fruit.

**Nutritional Information for 1 serving (about 2 pancakes) of Cinnamon Oatmeal Pancakes**

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<thead>
<tr>
<th>Calories</th>
<th>150</th>
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<td>7 g</td>
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<td>Total Fat</td>
<td>4 g</td>
<td>Total Carbohydrate</td>
<td>21 g</td>
<td>Vitamin A</td>
<td>6%</td>
<td>Iron</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td>Dietary Fiber</td>
<td>2 g</td>
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**NO BAKE OATMEAL PEANUT BUTTER COOKIES**

**MAKES ABOUT 18 SERVINGS**

**Ingredients**
- 1 c. sugar
- ¼ c. 1% milk
- ¼ c. margarine
- 2 T. unsweetened cocoa powder (if desired)
- 1 tsp. vanilla extract
- ¼ c. peanut butter
- 2 c. dry oats
- Nonstick cooking spray

**Directions**
1. Put sugar, milk, and margarine in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper. Chill for 1 hour.

**Nutritional Information for 1 serving (2 cookies) of No Bake Oatmeal Peanut Butter Cookies**

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<td>Protein</td>
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<td>Calcium</td>
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</tr>
<tr>
<td>Total Fat</td>
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<td>Total Carbohydrate</td>
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<td>28 RAE</td>
<td>Iron</td>
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<tr>
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<td>Dietary Fiber</td>
<td>1 g</td>
<td></td>
<td></td>
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</tbody>
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Recipe adapted from Food.com

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