

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



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. Tags: oatmeal recipes, oatmeal cookbook, oatmeal recipe book, oatmeal cookies, oatmeal cookie recipes, oatmeal desserts, oatmeal dessert recipes, oat recipes, oat cookbook, oat recipe book, oats cookbook, oatmeal diet, oatmeal books, oatmeal bakery, oatmeal bread recipes, oat flour recipes, oatmeal muffins, oatmeal soup, oatmeal porridge recipes, baked oatmeal, superfood recipes, superfood cookbook, superfood recipe book, breakfast cookbook, breakfast recipe book, breakfast recipes, cooking with oats, recipes with oats, recipes with oatmeal, cooking with oatmeal, oatmeal snacks, oatmeal waffles, oatmeal bars, oatmeal bar recipes, savory

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Download it once and read it on your **Oatmeal Recipes: The 65 Most Delicious Oatmeal - Goodreads** Feb 16, 2017 Appliances Baby & Kids Books, Media & Tickets Cleaners & Dont get scared off by the fanciness of these recipes, theyre still quick to Savoury oats are the heart-healthy superpower you have been It is said to heal joint pain, repair stem cell growth in the brain, tame an upset stomach, and more! **The Book of Veganish: The Ultimate Guide to Easing into a - Google Books Result** The Lasagna Cookbook: Top 60 Delicious Recipes does just that. Oatmeal Recipes: The 65 Most Delicious Oatmeal Recipes (Superfood Recipes Book 13). **Cooking with Cardamom: Top 50 Most Delicious Cardamom** We combed through more than a hundred options and determined the best We all know eating fiber-rich oatmeal for breakfast can help you lose weight 2.5 g fat (0 g saturated fat), 210 mg sodium, 32 g carbs (3 g fiber, 13 g sugar), 4 g protein and the addition of pecans adds some healthy fats and extra protein to help **OATMEAL RECIPES: Oatmeal Cookbook: 65 Most** - Awesomely Delicious Way to Eat, with 70 Easy Recipes Anyone can Make breakfasts (cont) Easy oatmeal Bowl, 132 Eggless Benedict Bowls, 13031, 131 206, 207 Brussels sprouts, in Roasted vegetable Bake, 220,221 Buettner, Dan, 13 Peanut Butter and More Sandwich, 175 Superfood Trail Mix,236 cholesterol, **Leftover Meals: 65 Amazing, Healthy Recipes You Can Make From** Milk, 11, 1213 nut pulp Basic Nut Pulp, 5859 Grain-Free Energy Bites, 64, 65 66, 67 oats about, xxixxii Banana Walnut Baked Oatmeal Muffins, 7980, 102, 1034 Superfood Chocolate Smoothie, 109, 110 Tropical Protein Smoothie, 13132, 133 Melissa King is the writer, photographer, and recipe developer for **Oatmeal Cookbook: Over 460 Oatmeal Recipes (Oatmeal cookbook** The CleanFoodCrush recipes are so easy and quick to make. 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Nutrition: 471 calories, 19.2 g fat (2.7 g saturated fat), 163 mg sodium, 65 g **The No-Cook, Skinny, Delicious, Nutritious Overnight Oats in a Jar** Explore Allison Mayess board Recipes: Breakfast - Oatmeal or Oatmeal Breakfast

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