

Ode to Oatmeal

Frugal & Healthy – What More Can You Ask For?



By Susanne Myers – The Hillbilly Housewife

www.HillbillyHousewife.com

Hi there... my name is Susanne aka the Hillbilly Housewife and I'm a big fan of oatmeal. That's why I put this short little report together for you. I hope you'll enjoy it and it will encourage you to incorporate oatmeal into your family's breakfast routine. We love it because it's easy to prepare, very frugal and most importantly very healthy.

Let's dive right in and of course you are welcome to email me at susanne@hillbillyhousewife.com with any questions or comments.

Susanne Myers

Susanne Myers – The Hillbilly Housewife

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P.S. I would also like to invite you to join a community of people just like you and me who embrace frugal, simple and healthy living. It's called the Hillbilly Housewife Club. Give it a try for just a dollar at www.HillbillyHousewifeClub.com



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Why Oatmeal?

Oats are one of the healthiest foods out there and oatmeal is a wonderful way to eat them. Let's take a quick look at some of the health benefits and then we'll jump right into some delicious recipes you can try.

Oatmeal Lowers Your Cholesterol



Oats, and oatmeal contain a specific type of fiber known as beta-glucan. Since 1963, study after study has proven the beneficial effects of this special fiber on cholesterol levels. Studies show that in individuals with high cholesterol (above 220 mg/dl), consuming

*just 3 grams of soluble oat fiber per day (an amount found in one bowl of oatmeal) typically lowers total cholesterol by 8-23%. This is highly significant since each 1% drop in serum cholesterol translates to a 2% decrease in the risk of developing heart disease. **

Oatmeal Stabilizes Your Blood Sugar

*Studies also show that beta-glucan has beneficial effects in diabetes as well. Type 2 diabetes patients given foods high in this type of oat fiber or given oatmeal or oat bran rich foods experienced much lower rises in blood sugar compared to those who were given white rice or bread. Starting out your day with a blood sugar stabilizing food such as oats may make it easier to keep blood sugar levels under control the rest of the day, especially when the rest of your day is also supported with nourishing fiber-rich foods. **

This will help reduce cravings throughout the day and can prevent developing type 2 diabetes. If you are already diabetic it becomes especially important to keep your blood sugar levels even and choosing oatmeal for breakfast can be a wonderful choice that helps you manage your diabetes as well.

It's Full Of Antioxidants

*In addition to its fiber benefits, oats are also a very good source of selenium. A necessary cofactor of the important antioxidant, glutathione peroxidase, selenium works with vitamin E in numerous vital antioxidant systems throughout the body. These powerful antioxidant actions make selenium helpful in decreasing asthma symptoms and in the prevention of heart disease. In addition, selenium is involved in DNA repair and is associated with a reduced risk for cancer, especially colon cancer. **

*Source - whfoods.com

Now that I have you convinced that oatmeal is good for your health, let's take a look at why it is good for your wallet and most importantly that it is yummy.

In the next few pages I'm sharing some of my own and my friend's favorite ways to eat oatmeal.

We'll start off with how to make your own homemade instant oatmeal. You won't believe how quick and easy it is and how much can save each month by choosing it over cold cereal or packets of instant oatmeal. Then we'll look at some other yummy oatmeal treats including cookies and a pie.

If you've ever wanted a place to go where you could find caring women on the road to simple, frugal living- just like you are, then you should know about



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I asked my good friend Scott Tousignant from FatLossQuickie.com who is also a big oatmeal fan to share why he liked it along with his favorite recipes. Here's his reply:

"Oatmeal is the #1 staple in my nutrition plan. It's the only food source that I eat every day and for good reason... the benefits of consuming this natural food source are nearly limitless.

For starters, it's great for reducing the risk of heart disease, which runs in my family. Oatmeal actually slows down the digestive process which is great for keeping your insulin levels in check as well as boost your metabolism. If you are a diabetic this is an excellent reason to make oatmeal a part of your daily nutrition intake. Recent studies even show that oatmeal has cancer fighting properties. Now that is some very good news!

What I like most about oatmeal aside from the fantastic health benefits is that it is very inexpensive and can be prepared in a large variety of ways so you never get bored of eating it. Plus most recipes can be done in minutes, which suits my 'quickie' lifestyle."

I encourage you to place oatmeal on the top of your list of natural foods in your nutrition plan.

I met Scott on a forum for fellow work at home moms and dads. He's a fun, energetic and genuine guy who's always ready to lend a helping hand.



When I heard about his Fat Loss Quickie program, I thought I'd give it a try. I haven't been exercising nearly enough and sitting in front of a computer a good chunk of each day and having constant access to snacks has left me quite a few pounds overweight and in miserable shape.

I liked the idea of working out for just two short 10 minute sessions and figured it couldn't be too bad if it was that short (but also wondered how effective it would be to be honest). As it turns out, I am sweating, tired and sore after those short little workout sessions. But I'm also getting stronger and feeling more energized. Even the scale is liking my efforts.

Whether you're working from home (and as a mom and homemaker you definitely are) or from an office, I'd encourage you to take a look at his [Fatloss Quickie](#) program as well as well as his [30 Day Fitness Challenge](#).

Homemade Instant Oatmeal

Seems like the rising cost of food is on everyone's mind these days... I was talking to a good friend of mine the other day. She has 4 small kids and money is tight. Some way or another we got to talking about breakfast and as it turns out, she spends a small fortune each month in sugary cold cereal and instant oatmeal packs each month. Her mornings are busy and it's a fast and convenient way for her to get everyone fed. Plus the kids seem to like it.

I buy cold cereal on rare occasions... usually when my 5 year old goes grocery shopping with me and she begs for something like fruit loops... but it's a rare treat around here.



I honestly can't tell you the last time I bought instant oatmeal packs. There is just no reason ... you can make your own just as quickly with quick cooking oats. I get those in big round tubs at Aldi. In the morning I just scoop a 1/4 cup of them into a bowl, add 1/2 cup of water and cook it for 1 minute in the microwave.

From there you can turn it into just about any variation you like. Add some sugar and cinnamon, toss in a few pieces of dried apple or a spoon full of apple sauce, drizzle some honey over it or add any combination of fresh or dried fruits or even nuts and seeds. For maple and brown sugar oatmeal, just add a touch of brown sugar and stir in a bit of pancake syrup.

If you like the convenience of instant packets, you could easily add the oats, sugar, spices and dried fruit in small sandwich packs. I don't see a reason to do that, but if your kids are used to fixing their own breakfast that might be a good solution for you. Or even better, get some microwavable disposable cups with lids and pour the dry ingredients in there. In the morning, the kids just add some water, microwave and have their oatmeal ready to eat in the cup.

How Much Does That Bowl of Oatmeal cost you?

HBHW reader Lynn brought up a great point ... how much does that bowl of oatmeal end up costing you?

As mentioned, I get a big tub of quick cooking oats at Aldi. It's \$1.29 and has about 60 1/4 cup servings of dry oats, which prepared comes out to half a cup of oatmeal. That comes out to just over 2 cents per serving of oatmeal. 1/2 cup works well for me and my daughter, but you may prefer a whole cup of prepared oatmeal, which would run you about 4 cents.

This is for plain oatmeal. You will probably spend another couple of cents adding sugar and cinnamon to it. Even with some fruit, honey or spices in it, a big bowl of oatmeal made from quick cooking oats will cost you under 10 cents. Now that's what I call a frugal breakfast.

For more tried and true recipes and strategies like this, I'd like to invite you to join the Hillbilly Housewife Club. We are a growing frugal community of over 200 women who like to live simply and save our hard earned money. We share recipes, tips and area always learning new ways to stretch that dollar.

Join us today for \$1 at <http://www.hillbillyhousewifeclub.com/>

Scott's Favorite Oatmeal

I promised Scott from FatLossQuickie.com was sharing some recipes as well. Here's his favorite way to prepare a quick bowl of oatmeal.

The most common way that I prepare oatmeal is by adding 2/3 cups of rolled oats in a bowl with 1/2 cup of frozen blueberries and 1/4 cup frozen mixed berries. I pour enough water into the bowl to cover the oatmeal. I then place it in the microwave for two minutes.

Sometimes I'll add a banana to the oatmeal and berries after they are done cooking. I also add protein powder to give it added flavor. The protein powder that I recommend and trust is [Prograde Lean](#).

Baked Oatmeal

By [Danielle Miller](#)



One of the things I like to do is cook breakfast on Sundays. Sometimes big hearty breakfasts that are a splurge, but generally I make healthy things in a large quantity that I can then put in the fridge and heat up easily without a lot of fuss or time. One of my very favorites is Baked Oatmeal. I have this sort of weird texture thing and I cannot eat regular oatmeal. I've tried it a bazillion

ways and I can't do it unless it is baked. It has a much firmer texture and an almost granola like quality that I love...and it's incredibly healthy!! So below you will find my recipe for baked oatmeal...enjoy!

Baked Oatmeal Recipe

- 1 cup applesauce
- 1 cup sugar or alternative (Splenda, Truvia, Stevia, whatever you like; I use Splenda)
- 2 eggs
- 3 cups quick oats
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 tsp. cinnamon
- 1 cup skim milk

Preheat oven 350 degrees. Spray a 13×9 pan with nonstick spray.

Cream applesauce, sugar and eggs together. Add all other ingredients and mix. Pour into pan.

Bake for 35 minutes-40 minutes.

That's it! Dish it up with a sliced banana and some skim milk...YUM!

***I like to sprinkle sliced almonds on top for some nutty crunch. Sometimes I'll throw some raisins in the mix too.

*****The original recipe uses oil for the applesauce, regular sugar and whole milk...if you prefer, but I don't think you'll miss them!

Now, I have a breakfast that I have leftovers for, so all I have to do on a busy morning is warm up a piece in the microwave with some skim milk for 40 seconds and I have a great hot breakfast that keeps me fueled for hours! ENJOY!

Danielle Miller from <http://teamdaniellemiller.com/blog/>

Sweet Oatmeal Treats



I also love to use oatmeal in baking and am going to share a few of my favorite recipes below. They make tasty desserts and sweet treats for the kids.

The oatmeal cookies are always a big hit with a glass of milk as an after-school snack.

Oatmeal Raisin Cookies

- 1 cup margarine (2 sticks)
- 1 cup brown sugar
- 1/2 cup white sugar
- 2 medium eggs
- 1 teaspoon vanilla
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 3 cups rolled oats
- 1 cup raisins (optional)

Soften the margarine in the microwave, or by leaving it on the counter for a few hours. In a large bowl combine the margarine, both sugars, egg and vanilla. Beat with a whisk until very fluffy and shiny. Measure in the flour, baking soda, cinnamon, salt and nutmeg. Use a big spoon to mix it all up. Finally stir in the oatmeal, and the raisins if you are using them. The mixture will be thick. Drop by tablespoonfuls onto an ungreased cookie sheet. Bake at 375° for about 10 minutes. Do not overbake. Makes about 3 dozen.

No Bake Oatmeal Cookies

This is a favorite in our house and has been since I was a little girl. Everyone usually has all the ingredients and if not doesn't cost a ton to buy them.

- 1 stick butter
- 1/4 cup cocoa
- 1/2 cup milk
- 2 cup sugar
- 1 tablespoon vanilla
- 1/2 cup peanut butter
- 3 cups quick cook oats

Boil butter, cocoa, sugar, vanilla and peanut butter together in a pot for 1 minute.

Add oats and mix well.

Spoon out into the size you want on wax paper or aluminum foil on the counter or table.

Cookies will harden/set while they cool

Great for kids to help make and they will be gone before you know it. This recipes was shared by HBHW reader Nicole L. - Erie, CO

Next let's look at a wonderful dessert pie. It's called an oatmeal pie and is very similar in taste and texture to a pecan pie.

Honey Oatmeal Pie

- 1 unbaked 9" pie crust (half of the recipe for Easy Pie Crust)
- 1/3 cup honey
- 1/3 cup margarine, melted
- 2/3 cup sugar
- 2 eggs
- 1 cup dry oatmeal
- 1/4 teaspoon salt

Prepare half the recipe for Easy Pie Crust, and fit it into a 9" pie plate. Flute or crimp the edges, and set it aside.

In a medium sized bowl combine the honey, margarine, sugar, and eggs. Beat very well. Add the oatmeal and salt. Mix again. Turn the filling into the prepared pie crust. Bake at 375° for 45 minutes. It should be sort of solid when you give it a good shake on the oven rack. Remove from the oven and allow it to cool some. Serve warm (or rewarmed in the microwave) with ice cream or Whipped Topping.

This is an old fashioned southern recipe that resembles pecan pie, although it is much (MUCH!) cheaper to make. Some cooks add coconut to the recipe along with the oatmeal. Half a cup is enough for this recipe. This amount of filling makes a somewhat shallow pie, so there is plenty of room for the coconut and maybe 1/2 cup of raisins too.

Mud Pies

By Scott Tousignant from FatLossQuickie.com

When we want to satisfy our sweet tooth our favorite oatmeal recipe is mud pies. Here's how you make mud pies...

Put 1/2 cup margarine, 1/2 cup cocoa, 2 cups sugar, 1/2 cup milk, 1 teaspoon vanilla extract into a pot and bring to a boil for 3 minutes. Remove the pot from the stove, add 3 cups oatmeal, 1/2 cup coconut and stir it all together. Spoon out the desired amount for each cookie and place on a cookie sheet that is covered with wax paper. Place the cookie sheet in the fridge to allow the cookies to cool and harden.

This is by far my favorite treat to eat ;)

The Hillbilly Housewife Club

I would like to invite you take a look at the Hillbilly Housewife Club. We share money saving tips and recipes just like the ones found in this report week in and week along with some other things like:

A Step-by-Step Action Plan on a Money Saving Or Homemaking Topics. – The first report for example is all about Getting Out Of Debt For Good. This will be delivered in a meaty pdf report that you can download, print, scribble all over, throw in your purse, and read on the go.

✓ Tried and true frugal recipes from me and other club members. If you like what you've seen on my main website -- you're going to LOVE this!

✓ **Be inspired by women with the same goals and value that you hold dear.**

✓ Additional strategies to simplify your busy day, cook delicious meals and frugal tips you may not have heard about. This will grow into a HUGE resource as I will be adding articles each and every month.

✓ **Help to stay positive and motivated throughout your busy day.**



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www.HillbillyHousewifeClub.com