

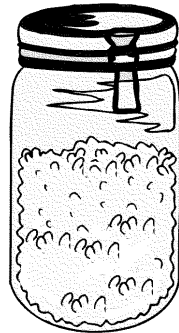
# Toasted Oats



**CHOICES**  
Steps Toward  
Health

Makes 1-2 cups

1. Place 1 to 2 cups quick-cooking oats in ungreased 10" x15" jellyroll pan or cookie sheet.
2. Bake in oven preheated to 350° for 15 to 20 minutes or until light golden brown.
3. Cool and store in tightly covered container in refrigerator up to 6 months.



## TIPS:

### Use toasted oats:

- in place of bread crumbs, bran or wheat germ, and in some cases in place of nuts.
- in meat loaf mixtures.
- as a breading.
- sprinkled over hot or cold cereals.
- sprinkled on salads.
- stirred into tuna or egg salad mixtures or cottage cheese.
- in no-bake cookie recipes or drop cookie recipes.

**Toasted oats are high in fiber, low in calories, and low in cost!**

**Nutrition Facts:** Serving size: 1/4 cup; Calories: 80; Fruits and Vegetables: 0; Fat: 1.5 g; Fiber: 2 g



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