

The book was found

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



Synopsis

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 oatmeal recipes, savory oats, ultimate oatmeal cookbook

Book Information

File Size: 4596 KB

Print Length: 136 pages

Simultaneous Device Usage: Unlimited

Publisher: Otherworld Publishing (January 5, 2015)

Publication Date: January 5, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00RUXM88W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #46,054 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #7 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Breakfast #14 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Breakfast

Customer Reviews

I am anemic which means I have to take iron supplements to help my body produce red blood cells. The trouble with taking iron supplements is that they also make you constipated. I need this like a hole in my head. Eating oatmeal and other fibrous foods will balance out the constipation. These are good recipes for solving the problem. Also great for old people who don't eat right or get enough exercise and/or water

I eat oatmeal because it's healthy and filling but it can get a little boring. These recipes are great and allow me to enjoy my oatmeal a lot more! I love the oatmeal cookies, pancakes, bars, and baked oatmeal. I highly recommend this book.

Oatmeal is a great inexpensive food that is not just for breakfast anymore. The recipes in that book are great and easy to make with everyday ingredients that are budget wise too .

Many, many, many recipes and uses most people never thought of.

nice book.

Great recipes, telling how to utilize the benefits of oatmeal, in many other ways. Very informative. Love it.

not very creative as I have expected...

Just Great!

[Download to continue reading...](#)

Oatmeal Recipes: The 65 Most Delicious Oatmeal Recipes (Superfood Recipes Book 13)
Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox:
Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Superfood Cookbook:
Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating
Recipes on a Budget (Superfood Kitchen) Superfood Lover's Hemp Cookbook: Empower Your
Body With One of Nature's Most Nutritious Plants (Superfood Cookbooks) (Volume 4) Cooking with
Turmeric: Top 50 Most Delicious Turmeric Recipes (Superfood Recipes Book 14) Top 50 Most
Delicious Avocado Recipes (Superfood Recipes Book 3) An Avocado a Day: More than 70 Recipes
for Enjoying Nature's Most Delicious Superfood The I Love My Instant Pot Recipe Book: From Trail
Mix Oatmeal to Mongolian Beef BBQ, 175 Easy and Delicious Recipes ("I Love My" Series) Food
With Benefits: The JingSlingsers' Delicious and Game-Changing Organic SuperFood Recipes of
Gluten-Free & Sugar-Free, Paleo, Vegan & Omnivore Comfort Foods Superfood Soups: 100
Delicious, Energizing & Plant-based Recipes (Julie Morris's Superfoods) Superfood Smoothies: 100
Delicious, Energizing & Nutrient-dense Recipes (Julie Morris's Superfoods) Beautiful Smoothie
Bowls: 80 Delicious and Colorful Superfood Recipes to Nourish and Satisfy Superfood Juices: 100
Delicious, Energizing & Nutrient-Dense Recipes (Julie Morris's Superfoods) CAKE COOKBOOK:
The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book,
delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Superfood
Smoothie Bowls: Delicious, Satisfying, Protein-Packed Blends that Boost Energy and Burn Fat Cast
Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron
Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook
Book 2) America's Most Wanted Recipes: Delicious Recipes from Your Family's Favorite
Restaurants (America's Most Wanted Recipes Series) Superfood Kitchen: Cooking with Nature's
Most Amazing Foods (Julie Morris's Superfoods) 404 Not Found: A Coloring Book by The Oatmeal
The Terrible and Wonderful Reasons Why I Run Long Distances (The Oatmeal)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)