



Week Seven Participant Manual  
**Hanging Out In The Cereal Aisle**



## Week 7 Contents

- Outstanding OATS!
- Recipes Using Oats
- Coo Coo Polenta
- Buy This and Say Bye-Bye to That

## JOURNALING

- What are your thoughts in terms of the marketing that is used around food products?
- Take a moment and reflect on the amount of sugar at your breakfasts. Do you feel you are having too much? If so what is something you can do to decrease your sugar consumption at your breakfast meal?



## Outstanding Oats

We are bombarded with so many cereal choices these days that the basic, wholesome, ingredient oats gets tossed to the side.

So many of these cereals are loaded up with sugar, which is not the best ingredient to start off your day.

In fact the Environmental Working Group did an analysis of the top 10 worst children's cereals based on percent of sugar by weight. And here is there list:

1. Kellogg's Honey Smacks
2. Post Golden Crisp
3. Kellogg's Froot Loops Marshmallows
4. Quaker Oats Cap'n Crunch's OOPS! All Berries
5. Quaker Oat Cap'n Crunch Original
6. Quaker Oats Oh!s
7. Kellogg's Smorz
8. Kellogg's Apple Jacks
9. Quaker Oats Cap'n Crunch's Crunch Berries
10. Kellogg's Froot Loops Original

So going back to our good old friend oats... we can eat one of the above cereals for breakfast and send us down the road to diabetes. Or we can eat something like oats that helps in the prevention of many chronic diseases. Check out just some of the benefits of having oats as a part or your diet....

1. Aids in cholesterol control
2. Aids in blood sugar management
3. Decreases risk of diabetes
4. Decreases risk of heart disease
5. Protective effect against certain cancers
6. Enhance immune system response



## Recipes Using Oats

### Brown Sugar Cinnamon Oatmeal

This oatmeal tastes so good that it's hard to believe how healthy it is for you. The insoluble fiber found in this hearty breakfast, can actually help reduce the risk of heart disease and lower your LDL cholesterol. And, while I'm up here on this soapbox, please look at the ingredients in these instant oatmeal products. Then compare them to what you make at home. Don't undo the health benefits of eating normal foods by putting Red 40, hydrogenated oil, and all the rest in there.

Time to the Table: 10 minutes

Yield: Serves 1

#### You'll Need:

- ½ cup oats
- 1 cup water
- 1 pinch of salt
- 1 Tablespoon brown sugar
- 1 Tablespoon unsalted butter
- ½ teaspoon cinnamon

#### Directions:

In a medium saucepan, boil water. Add oats and salt. Lower heat to medium until the water is absorbed. Add butter, sugar and cinnamon. Correct seasonings.

#### PLAY WITH YOUR FOOD!

You can make practically any fruit work with oatmeal. Try it whole, sliced thinly, or quickly pureed with a touch of sugar. And one exceptional substitution is to replace the brown sugar with maple syrup and add a touch of pure cream.

**Faux Food Equivalent:** Quaker Instant Strawberries and Cream Oatmeal  
Ingredients: Oats, sugar, maltodextrin, partially hydrogenated soybean oil, whey, sodium caseinate, dehydrated apples treated with sodium sulfite, artificial strawberry flavor, citric acid, Red 40, Salt, calcium carbonate, guar gum, artificial flavors, citric acid, niacinamide, vitamin A palmitate, reduced iron, pyridoxine hydrochloride, riboflavin, thiamin, mononitrate, folic acid.



## Gooooood Granola

Granola is so cheap and easy to make it should be a staple recipe in the kitchen. Say goodbye to high sugar fake ingredient loaded up granola bars and say hello the way granola was meant to be.

Experiment with this recipe. The possibilities are endless.

### You'll Need

- 4 cups oats (use quick oats for a granola bar with a softer consistency and old-fashioned oats for granola with a harder consistency)
- ½ cup softened butter or 7 Tablespoons of coconut oil
- ½ cup brown sugar or less
- ¼ to 1/3 cup chopped nuts of choice (such as macadamia, pecans, walnuts, or almonds)
- Pinch of salt

### Directions

Preheat oven to 350. Grease a 9 x 13 inch baking pan. Mix all of the above ingredients together. Place mixture in greased baking pan. Bake for 25 minutes or until lightly browned. Let sit and slightly cool. Roughly cut into chunks or crumble into loose granola.

### Variations:

- Get creative with this recipe.
- Add some ground flax seed, sunflower seeds, raisins, dried fruit or, shredded coconut.
- Add some cinnamon or vanilla.
- Or you could add a tiny bit of maple syrup or honey. A tip is when adding some other form of food that could sweeten the granola, hold back a tiny bit on the amount of brown sugar.
- You could also add a ½ cup to ¾ cup of nut butter and leave out the chopped nuts.
- This recipe serves as a very versatile base. Store the granola in an airtight container. Have fun with this recipe and enjoy!!
- Serve this granola mixed into some plain yogurt or with a piece of fruit for a delightful breakfast.



## Oat Pilaf

### You'll Need

- 1 large Onion, thinly sliced
- 1 Tablespoons Butter
- 2 Tablespoons Olive Oil
- 1 cup Oats, Steel Cut
- 2 teaspoons of dried herbs of choice (ex. Parsley, oregano, rosemary)
- Salt
- Pepper
- 1 ¾ cups Broth (Vegetable, Chicken, Beef)

### Directions

- In a pot, over medium-high heat, cook onion in butter until semi soft, about 10 minutes.
- Add oats and stir for 1 minute. Add broth of choice.
- Bring to a boil over high heat, then simmer, covered, until liquid is absorbed, about 15 minutes. Stir occasionally, add herbs of choice about 2-3 minutes before oats are finished cooking. Adjust with salt and pepper if needed.
- Top with vegetables of choice. Or serve as a side dish with fish or chicken.



## Coo-Coo (Caribbean Polenta)

### You'll Need

- 15.5 oz can of coconut milk
- 1 tbsp butter
- ½ tsp salt
- 2/3 cup yellow cornmeal (coarse)
- Small can of whole kernel corn
- (optional) handful of peppered salami or crumbled bacon

### Directions

- In a large sauce pan over medium heat, combine coconut milk, butter and salt. Bring to a boil.
- Gradually stir in cornmeal. Lower heat and cook for about 5 – 10 minutes, stirring constantly with a wooden spoon to prevent sticking, until the mixture thickens and leaves the sides of the pan. Add in corn and bacon. If it becomes too thick, add a bit more coconut milk or water.
- Pour the mixture into a greased 8 x 8 pan. Allow to set for a couple of minutes, then cut into squares and serve warm.

## Buy This and Say Bye-Bye to That Shopping for Cereals

Buy	Bye- Bye
Cereals free of additives and preservatives that are a good source of whole grains and are low in added sugar.	Cereals with additives and preservatives such as food dyes, high fructose corn syrup, BHT, partially hydrogenated oils, etc.
Actual oats that you can prepare and then add your own toppings. Or make your own granola.	Instant oat packets that contain artificial flavors, excess sugars and preservatives.
Grains that can make a wonderful hot cereal (or a side dish) such as corn meal, buckwheat, bulgur, couscous, quinoa etc.	Highly sweetened and, processed cereals.
Granola and granola bars free of additives and preservatives such as high fructose corn syrup, partially hydrogenated oils, and artificial flavors, etc.	Granola and granola bars loaded up with additives and preservatives.