

## WHITE OATS

What are white oats? We all know it as Oatmeal. Oatmeal is made from ground oat groats. Oatmeal can be ground, steel-cut, crushed, or rolled. To make oatmeal, oat grains are de-husked, heated and then cooled to stabilize the seed in the husk. Next, the oat groats are milled to produce fine, medium or coarse oatmeal. Rolled oats are whole oat groats that have been steamed and flattened. Quick cooking oats are cut into pieces before being steamed and rolled. Instant oatmeal is precooked and dried, usually with sweetener and flavoring. Steel cut oats are broken groats from the de-husking process.

Oatmeal has become increasingly popular because of its health benefits. Eating oatmeal daily is said to lower blood cholesterol and the Food and Drug Administration has allowed food with lots of oatmeal to have a label claiming it may reduce the risk of heart disease when combined with a low fat diet. Oatmeal also contains a wide variety of vitamins, minerals and antioxidants and is a good source of protein, complex carbohydrates and iron.

Most people today have some type of oatmeal as a stocked staple in their kitchen. The best part of oatmeal, in my opinion (and my husband's) is old fashioned Oatmeal Chocolate Chip Cookies. If I had a penny for every oatmeal chocolate chip cookie I've made throughout the years, I'd be a very rich woman! This recipe is one of my family's favorites and it came from my Aunt many years ago. (She doesn't bake cookies anymore but she's still going strong at age 96! I'll bet it's from all that oatmeal). I'd like to share the recipe with you so here it is:

### Oatmeal Chocolate Chip Cookies

1 cup shortening  
¾ cup brown sugar\*  
¾ cup white sugar\*  
2 eggs  
1 ½ cups flour\*  
½ tsp. salt\*  
1 tsp. baking soda\* dissolved in 2 Tbsp. hot water  
3 cups oatmeal (Rolled or quick)\*  
1 tsp. vanilla\*  
1 ½ cups chocolate chips\*  
Optional: chopped nuts\* and or raisins\*.

With the mixer, cream together shortening and sugars. Add the next six ingredients and mix well. By hand, stir in the chips. Drop by rounded scoops on cookie sheets and bake at 375 degrees for about 10 minutes or until lightly browned. Place in cookie jar with a lock that only you have the key to (just kidding). Enjoy.

That's all, for now. I need to go... and bake more cookies. I've been told my cookie jar is empty - again!

All asterisked products may be purchased at Grandma's Pantry. Please visit us at the store or at [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com) and let us help you fill your pantry with quality products.

***“So, whatever you eat or drink, or whatever you do,  
do all to the glory of God.”*** (1 Cor. 10:31)