

Pure Oat Recipes



Oat So Good Cookies

Source: Robin Hood Whole Wheat Flour
(Modified for Gluten-free)
Yield: 3 dozen

* pure oat products

¼ cup	Butter, softened	50 ml
¼ cup	Shortening	50 ml
½ cup	Brown sugar, lightly packed	125 ml
1	Egg, large	1
1 tsp	Vanilla extract	5 ml
½ tsp	Baking soda	2.5 ml
¼ tsp	Salt	1 ml
1 cup	Oat flour *	250 ml
1¼ cup	Oats, rolled, old fashioned*	300 ml
1 cup	Chocolate chips **	250 ml
1 cup	Raisins **	250 ml
1 cup	Nuts, chopped	250 ml

** can add chocolate chips to half the recipe and raisins to the other half

Cream butter, shortening, brown sugar, egg and vanilla together until fluffy.

Add soda and salt to flour and mix well. Blend flour mixture into creamed mixture. Stir in remaining ingredients.

Refrigerate cookie dough for a half hour before baking.

Drop by teaspoonfuls onto greased baking sheets, allowing space for spreading.

Bake at 375°F for 8-10 minutes or until golden. Cool 5 minutes on baking sheet before carefully transferring to wire racks.

1 cookie has 7 grams of oats (flour and rolled oats totaled).

Banana Crunch Cake

Source: Quaker Oats
(Modified for Gluten-free)
Yield: 1 - 8" x 8" pan

* pure oat products

Oat Crunch Topping		
¾ cup	Oats, rolled, old fashioned *	175 ml
⅓ cup	Brown sugar, firmly packed	75 ml
2 tbsp	Butter or margarine	25 ml
2 tbsp	Nuts, chopped (optional)	25 ml
Cake		
½ cup	Vegetable shortening	125 ml
⅔ cup	White sugar	150 ml
1 cup	Banana, ripe and mashed	250 ml
2	Eggs, large	2
1 tsp	Vanilla extract	5 ml
2¼ cups	Oat flour *	550 ml
1 tsp	Salt	5 ml
1 tsp	Baking soda	5 ml
½ cup	Nuts, chopped (optional)	125 ml

Cream shortening and sugar until fluffy. Mix in mashed banana, eggs and vanilla.

Add flour, salt, soda and nuts, stir until all ingredients are mixed together. Don't over mix. Put batter in greased 8" x 8" pan. Sprinkle Oat Crunch Topping on the cake batter. Bake for 35-40 minutes in 350°F oven. Cool in pan on wire rack.

Cut into 16 pieces – each piece has 24 grams of oats (flour and rolled oats totaled).

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Granola Bars

Source: Food That Really Schmecks
(Modified for Gluten-free)

Yield: 1 jelly roll pan, 30 x 40 gram bars

* pure oat products

2 cups	Desiccated coconut, unsweetened	500 ml
1½ cup	Oats, rolled, old fashioned *	375 ml
1½ cup	Raisins	375 ml
2 cups	Sunflower seeds	500 ml
¼ cup	Sesame seeds	75 ml
¾ cup	Peanuts or soy nuts	175 ml
½ cup	Dried fruit, apples, cranberries, apricots	125 ml
½ tsp	Salt	2 ml
1 cup	Honey, liquid	250 ml
1 tsp	Vanilla extract	5 ml
½ cup	Peanut butter	125 ml

Mix all ingredients together. Thoroughly blend the honey, vanilla and peanut butter. You may need to mix with greased hands to ensure everything is mixed together.

Line jelly roll pan (rimmed cookie sheet) with greased parchment paper.

Pat mixture firmly into pan with greased hands or heated spoon. If you want thinner bars use two jelly roll pans.

Bake at 275°F till golden brown, 50 to 60 minutes.

Remove from oven and once again pat firmly to ensure the bars hold together.

Cut into bars or squares, depending on what format you want.

A 40 gram bar has 5 grams of oats (rolled oats).

Rice and Oat Groats*

Source: Adapted from recipe of Joe Zhou
Agriculture Canada

Yield: 8 x ½ cup servings

* pure oat products

⅔ cup	Oat groats *	150 ml
2½ cups	Water, boiling	625 ml
1 tsp	Salt	5 ml
2 cups	Broth (beef or chicken), hot	500 ml
1 cup	Long grain rice	250 ml
1 tbsp	Butter, margarine or oil	25 ml
1	Onion, medium chopped	1

Note: oat groats are the whole-oat kernel without the husk.

Add oat groats to boiling water. Cook on medium low for 45 minutes. Water should almost be absorbed.

Add hot broth and long grain rice to partially cooked oat groats.

Cook on medium low for 20 minutes or until water is absorbed and rice is cooked.

Melt fat in a saucepan and sauté onions until soft. Add onions to rice and groats mixture.

Serve with chicken or beef instead of potatoes, pasta or plain rice.

One ½ cup serving has 13 grams of oats (groats).

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Oat Bread for Bread Machine (Jan '09)

Source: S. Henrico

Yield: 1 ½ lb. loaf - 7 large slices or 10 thinner slices

*pure oat products

½ cup boiling water	125 ml
2 tbsp. flax seed, ground/meal	30 ml
1½ cups boiling water	375 ml
3 tbsp. vegetable oil	45 ml
1 cup rolled, old fashioned*	250 ml
1 cup oat flour*	250 ml
¾ cup white rice flour	175 ml
½ cup corn flour	125 ml
3 tbsp. sugar	45 ml
1 tbsp. yeast	15 ml
1 tbsp. xanthum gum	15 ml
½ tsp. salt	3 ml

Set bread machine to **RAPID** setting.

Mix the ground flax seed with ½ cup of boiling water. Let this mixture stand for 10 minutes.

Add the 1 ½ cups of boiling water, the flax mixture and the oil to the bread machine container. Mix dry ingredients together in separate bowl. Start the bread machine and slowly add the dry ingredients to the water, oil and flax mixture, allowing the paddle to mix thoroughly. When all of the dry ingredients have been added, use a rubber spatula and scrape the batter from the sides of the container allowing it to be incorporated into the bread mixture. Smooth out the top of the bread mixture with the spatula. Close the top of the bread machine and allow the **rapid** cycle to continue. At the end of the cycle, allow the bread to cool slightly. Remove from the container.

For more tips on gluten-free bread making using various bread machine settings see 125 Best Gluten-Free Recipes by Washburn and Butt – page 80.

Each large slice has 32 grams of oats and each thinner slice has 23 grams of oats (flour and rolled oats totaled).

Oat Bread - Old Fashioned Way (Jan '09)

Source: Recipe from Roy Jamron (modified)

Yield: 8 ½" x 4 ½" x 4 ½" (9-10 slices)

* pure oat products

¼ cup	Water, warm	300 ml
1 cup	Oat flour *	250 ml
½ cup	White rice, potato or tapioca flour	125 ml
¾ cup	Corn or sorghum flour	175 ml
¾ cup	Oats, rolled, old fashioned *	175 ml
2 tbsp	Gluten-free flax seed meal	30 ml
2 tsp	Xanthan gum	10 ml
2 tbsp	Sugar	30 ml
2 tbsp	Vegetable oil	30 ml
1 tsp	Salt	5 ml
2 ½ tbsp	GF yeast, instant	40 ml
2 tbsp	Molasses	30 ml
½ tsp	Apple cider vinegar	3 ml
½ cup	Buttermilk	125 ml

Proof yeast in ¾ cup warm water and 1 tbsp of sugar. **Add the flax meal to ½ cup warm water and let sit for 10 minutes – or you can replace this with 1 large egg.**

Mix dry ingredients together.

In a large bowl, add proofed yeast, vegetable oil, cider vinegar, molasses, buttermilk, soaked flax meal and mix well with an electric mixer. Gradually add the dry ingredients and mix well for 2-3 minutes. Mixture will be slightly sticky. Put mixture into a lightly greased loaf pan. Let rise in warm place until double (approximately 1 hour). Bake in 350 °F oven for approximately 45 minutes. Turn pan on each side and bake for an additional 10 minutes each side.

Each slice has 22-25 grams of oats (flour and rolled oats).

Best Ever Chocolate Cake

Source: Eat Hearty (Margolese & Margolese)

(Modified for Gluten-free)

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Pure Oat Recipes



Yield: 12 servings, 9 x 13 in. pan

* pure oat products

¾ cup	Oil	175 ml
1 cup	Sugar	250 ml
¾ cup	1% or 2% milk	175 ml
6 tbsp	Cocoa powder, unsweetened	150 ml
1¼ cup	Oat flour *	300 ml
1½ tsp	Baking powder	7 ml
¼ tsp	Salt	1 ml
1 tsp	Xanthan gum	5 ml
3	Eggs	3
1½ tsp	Vanilla extract	7 ml
1 tsp	Cinnamon	5 ml

Combine all ingredients in a bowl and beat until smooth.

Pour batter into a lightly oiled 9 x 13 inch pan and bake at 350°F for 30-40 minutes

Cool before removing from pan.

Fast, easy and delicious!!

1 serving has 12 grams of oats (flour).

Yield: 6 dozen, small round cookies

* pure oat products

1 cup	Butter, softened	250 ml
	Brown sugar, lightly packed	175ml
¾ cup	Vanilla extract	10 ml
2 tsp		
2 cup	Oat flour *	500 ml
	Oats, rolled, old fashioned*	250 ml
1 cup		
⅔ cup	Rice flour	150 ml

Cream together butter and brown sugar, blend in vanilla. Gradually work in 1¾ cups of the oat flour, the rice flour and the rolled oats, using a spoon or clean hands. Chill for about 20 minutes.

Roll out on lightly floured surface, using the reserved oat flour, to about ¼ inch (5mm) thickness **OR** roll between two pieces of waxed paper that have been lightly floured. Place on un-greased baking sheets; prick with fork.

Bake at 325°F oven for 20 minutes or until lightly browned. Transfer to wire racks to cool.

1 cookie has 4 grams of oats (flour and rolled oats totaled).

Oatmeal Shortbread

Source: Canadian Living
(Modified for Gluten-free)

Gingerbread for People or Houses

Source: The Secrets of Baking (Modified for Gluten-free)

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Yield: 24 people or 1 house

* pure oat products

½ cup	Shortening	125 ml
¾ cup	Brown sugar, packed	175 ml
1	Egg	1
¼ cup	Molasses	50 ml
2 ¼ cup	Oat flour *	550 ml
½ cup	Gluten-free rice flour	125 ml
½ cup	Gluten-free potato flour	125 ml
2 tbsp	Ginger	30 ml
1 ½ tsp	Cinnamon	7.5 ml
1 tsp	Allspice	5 ml
½ tsp	Cloves, ground	2.5 ml
1 tsp	Baking soda	5 ml
¼ tsp	Salt	1 ml

Cream shortening and brown sugar. Add the egg and molasses and continue mixing until fluffy.

Mix oat, potato and rice flour, ginger, cinnamon, allspice ground cloves, soda and salt.

Gradually add dry ingredients to the shortening, sugar, molasses mixture. Continue to beat until the dough can be formed into a ball.

Divide dough into two sections. Pat down to form a circle and refrigerate for ½ hour.

Roll dough between two sheets of waxed paper to ¼ inch thick. Use cookie cutter to cut out gingerbread man or pattern piece for gingerbread house.

Carefully lift the cookies from the waxed paper with a floured lifter. Place on baking sheet lined with parchment paper.

Bake at 350 degrees F for 12 minutes. Cool on racks and decorate.

Note: can also cut around gingerbread and bake on the waxed paper then you don't need the parchment paper on the baking sheet.

1 gingerbread man has 23 grams of oat flour.

Oat Groat Pilaf

Source: Sandra Henrico

Yield: 8 servings

* pure oat products

6 cups	Boiling water	1500 ml
2½ cups	Whole oat groats *	625 ml
¼ cup	Butter	60 ml
½ cup	Onions, mince	125 ml
¼ cup	Almonds, blanched, slivered	60 ml
2 tbsp	Rosemary, fresh or	30 ml
2	or	
2 tsp	Rosemary, dried	10 ml
2	Tomatoes, medium, chopped	2
2 cups	Frozen peas, cooked	500 ml
½ tsp	Salt	2.5 ml
1 tsp	Pepper	5 ml

Boil water, add oat groats. Turn off heat, cover and let sit for 30 minutes. Return to heat and bring to a rapid boil and then simmer until tender about 35-45 minutes. There should be enough water but check after 15 minutes of cooking and add ½ cup more if needed.

Melt butter in frying pan, add almonds and sauté until golden coloured, add onions and cook until transparent.

Add cooked oat groats, fresh or dried rosemary, tomatoes and cooked peas. Add salt and pepper to taste. Serve warm as a side dish for a hot meal or cool and serve cold as a salad.

Each serving has 50 grams of oats.

Fruit Flan

Source: Sandra Henrico

Yield: 1- 9 inch flan – 10 servings

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Pastry

1 ½ cup Oat flour *	375 ml
½ cup Tapioca flour	125 ml
½ cup Semi-salted butter	100 ml
1 tbsp Sugar	15 ml
1 Egg yolk	1
1 tbsp Lemon juice	15 ml

Measure oat flour, tapioca flour and sugar into a large bowl. Cut the butter into 1 inch pieces and add to the flour mixture. Cut the butter into the flour mixture with pastry blender or two knives of fingers until the mixture looks like coarse sand. Add the egg yolk and lemon juice to the butter flour mixture and mix together with a fork until the mixture begins to hold together. Refrigerate for 10 minutes. Empty chilled pastry onto a piece of waxed paper large enough to accommodate a 12 inch circle of rolled pastry. Cover with another piece of waxed paper and roll out. Remove the top waxed paper and turn the pastry into a flan pan. Slowly remove the waxed paper and fit the pastry into the pan. Cover the pastry with a piece of parchment paper and weight it down with pastry beads. Bake for 10 minutes at 350 degrees F. Remove parchment paper and continue baking for 8 minutes.

Custard Filling

2 Eggs beaten slightly	2
1 cup Milk	250 ml
3 tsp Sugar	45 ml

Place all ingredients in top of double boiler. Cook slowly stirring mixture. When the mixture thickens and clings to a metal spoon,

remove from heat and refrigerate until it is completely cooled and thickened.

Pour into cooled pastry shell.

Fruit Topping and Glaze

Place cut fruit and or berries in a decorative pattern on top of the custard filling.

Measure ½ cup of apple jelly and 1 tbsp water and put in a saucepan. Heat until apple jelly has melted. Let stand for 5 minutes. Carefully pour the warm glaze over the fruit flan.

Each serving has 38 grams of oat flour.

Pie Pastry

Source: Sandra Henrico

Yield: 1- 9 inch pie plate – 10 servings

* pure oat products

Pastry

1 ½ cup Oat flour *	375 ml
½ cup Tapioca flour	125 ml
1 tbsp Sugar	15 ml
½ cup Semi-salted butter	100 ml
1 Egg yolk	1
1 tbsp Lemon juice	15 ml

Measure oat flour, tapioca flour and sugar into a large bowl. Cut the butter into 1 inch pieces and add to the flour mixture. Cut the butter into the flour mixture with pastry blender or two knives or fingers until the mixture looks like coarse sand. Add the egg yolk and lemon juice to the butter flour mixture and mix together with a fork until the mixture begins to hold together. Refrigerate for 10 minutes. Empty chilled pastry onto a piece of waxed paper large enough to accommodate a 12-inch circle of rolled pastry. Cover with another piece of waxed paper and roll out. Remove the top waxed paper and turn the pastry into a pie plate. Slowly remove the waxed paper and fit the pastry into the pan.

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For cooked filling – Cover the pastry with a piece of parchment paper and weight it down with pastry beads. Bake for 10 minutes at 350 degrees F. Remove parchment paper and continue baking for 8 minutes. Fill with cooked filling.

For uncooked filling – Add filling and use scraps of pastry to make cut outs for the top of your pie. Bake according to the pie directions.

Each serving has 38 grams of oat flour.

Carmelitas

Source: Nanny Jean (modified for gluten-free)

Yield: 1 – 13” x 9” pan (35 squares)

*** pure oat products**

Base and Topping

1 1/3 cup	Oat flour* or GF flour	325 ml
1 cup	Oats, rolled, old fashioned *	250 ml
3/4 cup	Brown sugar	175 ml
1/2 tsp	Baking soda	2.5 ml
1/2 tsp	Salt	2.5 ml
3/4 cup	Butter or margarine	175 ml

Filling

32	Caramels	32
	(or 6 McIntosh toffee bars)	
5 tbsp	Cream, light table	75 ml
1 cup	Chocolate chips	250 ml
1/2 cup	Nuts, chopped pecans	125 ml
	or walnuts	

Combine flour mixture, baking soda, salt and stir well. Stir in rolled oats and brown sugar. (Some people prefer the oats to be more like quick cooking so chop them in half). Cut butter into dry ingredients until crumbly.

Pat half of the mixture into a lightly greased pan. Bake at 350°F for about 10 minutes or until golden brown.

Meanwhile, in a small saucepan, melt the caramels in the cream until smooth.

Remove pan from the oven. Sprinkle the chocolate chips and nuts on top of the base. Drizzle the caramel mixture on top. Add remaining oat mixture. Return to the 350°F oven for another 10 – 15 minutes or until golden brown. Cut into squares when cool.

Each square has 8 grams of oats. If using oat flour as well, each square has 15 grams of oats.

Toll House Kookie Brittle

Source: Gluten-A-Gogo Blog site.

Yield: 8” x 12” jelly roll pan or approximately 24 pieces

*** pure oat products**

1/2 cup	Butter, softened	125 ml
1 tsp	Vanilla extract	5 ml
1/2 tsp	Salt	2.5 ml
1/2 cup	Sugar	125 ml
1/3 cup	Brown rice flour	75 ml
1/3 cup	Oat flour *	75 ml
1/3 cup	White or sweet rice flour	75 ml
1/3 cup	Arrowroot or tapioca flour	75 ml
1/2 cup	Chocolate chips **	125 ml
1/2 cup	Pecans, chopped **	125 ml

**You can add chocolate chips to half the pan and pecans to the other half or both to the entire pan.

Preheat oven to 350°F. Line an 8” x 12” jelly roll pan with parchment paper or use 1/2 a regular jelly roll pan.

Place all of the flours in a bowl and mix. Cream butter in another bowl, add sugar, vanilla and salt until blended. Slowly add the flour mixture and mix until well blended. Once blended take the cookie dough and place it onto the pan.

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With your hands, pat the dough until evenly spread over the parchment paper. If the dough is sticky, dampen your fingers with a little water. Sprinkle the chocolate chips and pecans over the dough and lightly press them into the dough.

Bake for 30-40 minutes or until golden brown. After you remove them from the oven, immediately take a sharp knife and gently score the top of the cookies into standard size **or** let cool completely and then break into irregular pieces like brittle candy.

1 piece has 2 grams of oat flour.

Date Squares

Source: The Canadian Living Cookbook (modified for gluten-free)

Yield: 1 – 9” x 9” square pan (25 squares)

*** pure oat products**

Filling

2 cups	Dates, cut up	500 ml
1 cup	Water	250 ml
½ cup	Sugar, brown or white	125 ml
2 tbsp	Lemon juice	30 ml

Base and Topping

1⅓ cup	Oat flour * or GF flour	325 ml
¼ tsp	Salt	1 ml
1 tsp	Baking soda	5 ml
1 cup	Sugar, brown	250 ml
1¾ cup	Oats*, rolled, old fashioned	425 ml
¾ cup	Butter or margarine	175 ml

Combine ingredients for filling in small saucepan. Cook over medium heat until thick and smooth, stirring constantly. Cool.

Combine flour mixture, baking soda, salt and stir well. Stir in brown sugar and rolled oats. (Some people prefer the oats to be more like quick cooking so chop them in half).

Cut butter into dry ingredients until crumbly.

Pat half of the mixture into a lightly greased pan. Spread with date filing. Sprinkle remaining oat mixture over top. Pat down lightly.

Bake at 375°F for about 45 minutes or until golden brown. Cut into squares when cool.

Each square has 8 grams of oats. If using oat flour as well, each square has 15 grams of oats.

Lemon Oatmeal Cake

Source: Gluten-Free 101 by Carol Fenster, Ph.D. (modified)

Yield: 12 portions

*** pure oat products**

½ cup	Butter or margarine	125 ml
¼ cup	White sugar	300 ml
2	Eggs, large	2
2 tbsp	Lemon rind, grated	30 ml
1½ cup	GF flour blend **	375 ml
½ cup	Oat flour*	125 ml
½ cup	Rolled oats, old fashioned*	125 ml
½ tsp	Baking powder	2.5 ml
½ tsp	Baking soda	2.5 ml
½ tsp	Salt	2.5 ml
1 ¼ cup	Buttermilk	300 ml
1 tsp	vanilla extract	5 ml

Have all ingredients at room temperature. Preheat oven to 325 F. Generously grease 10 cup non-stick Bundt pan.

Using electric mixer and large mixer bowl, cream together butter and sugar for 2 minutes on medium speed. Mix in eggs on low speed until blended; then add grated lemon peel.

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Sift together GF flour blend, baking powder, baking soda and salt. Mix in oat flour and rolled oats. Add vanilla to buttermilk. On low speed, beat dry ingredients into butter mixture, alternating with buttermilk, beginning and ending with dry ingredients. Mix just until combined. Spoon batter into prepared pan.

Bake for 50-55 minutes or until top is golden brown and tester inserted into center comes out clean. Cool cake in pan for 5 minutes. Remove from pan and cool thoroughly on rack.

A moist and tasty cake and for a special occasion can be glazed with Lemon and Ginger Glaze.

1 portion of lemon oatmeal cake has 10 grams of oats – flour and oatmeal.

**Carol's GF Sorghum Flour Blend

1½ cup	Sorghum flour	375 ml
1½ cup	Potato starch	375 ml
1 cup	Tapioca flour	250 ml
½ cup	Corn flour	125 ml

Makes 4½ cups (1125 ml) of mixture.

Lemon and Ginger Glaze

1 cup	Icing sugar	250 ml
1 tsp	Ginger, ground	5 ml
1 tbsp	Butter, melted	15 ml
3 tbsp	Milk	45 ml
2 tbsp	Lemon juice	30 ml
1 tsp	Lemon rind	5 ml

Sift the icing sugar into a bowl, stir in the melted butter, ginger, milk, lemon juice and lemon rind. Beat until smooth. Mixture is thinner than regular icing so it can drizzle down the sides of the cake.

Mustard and Cheese Crackers

Source: Pg 108 Gourmet Magazine, January 2003 (modified for gluten-free)

Yield: 4½ dozen crackers

* pure oat products

½ cup	Butter, cold, unsalted cut into tablespoon sized pieces	125 ml
2½ cups	Swiss cheese, coarsely grated (½ pound / 225 g)	625 ml
1 cup	Oat flour *	375 ml
3 tbsp	Dijon mustard	45 ml
2 tsp	Mustard powder, dry	10 ml
1½ tsp	Mustard seeds	7 ml
½ tsp	Salt	2.5 ml

Blend butter and cheese in food processor until almost smooth. Add remaining ingredients and pulse until just combined. Divide dough between two sheets of waxed paper and roll each half into an 8 inch log. Freeze, wrapped in waxed paper and then foil, until firm - 1½ - 2 hours.

Preheat oven to 350 F.

Cut logs crosswise into ¼ inch thick slices and arrange 1 inch apart on buttered large baking sheets. If baking more than one baking sheet at a time, bake in upper third and lower third of the oven, switching position of sheets halfway through baking, until edges are golden brown, about 15 minutes.

Transfer crackers to a rack to cool. Delicious cracker!

Note: logs can be kept in freezer and baked when needed but remove from freezer for 10 minutes before cutting.

Each cracker has 2 grams of oat flour.

Pumpkin Crunch Muffins

Source: Robin Hood Canadian Flour Cook Book (modified for gluten-free)

Yield 1 dozen large muffins

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* pure oat products

1 ¾ cup	oat flour	450 ml
¼ cup	white sugar	65 ml
1 tbsp	baking powder	15 ml
½ tsp	salt	2.5 ml
½ tsp	cinnamon	2.5 ml
¼ tsp	each cloves, nutmeg	2 ml
½ cup	raisins	125 ml
⅔ cup	2% milk	160 ml
½ cup	pumpkin, canned	125 ml
⅓ cup	vegetable oil	80 ml
1	egg	1
2 tbsp	sugar, brown	30 ml

Spoon flour into dry measuring cup. Level off and pour into mixing bowl. Add white sugar, baking powder, salt and spices; stir well to blend. Stir in raisins.

Combine milk, pumpkin, vegetable oil, and egg in small bowl. Mix well.

Add liquid ingredients all at once to dry ingredients. Stir just until all ingredients are moistened.

Fill muffin cups ⅔ full. Optional – sprinkle tops generously with brown sugar.

Bake at 400 F for 20-25 minutes.

1 muffin has grams of 18 oat flour.

Enjoy!!

Banana Oatmeal Muffins

Yield: 12 large

Bake: in 400°F oven for 20 minutes

*pure oat products

1¼ cup	Rolled oats *	300 ml
½ cup	Yogurt, plain	125 ml
½ cup	Milk, low fat	125 ml
½ cup	Brown sugar	125 ml
⅓ cup	Oil, sunflower	75 ml
2	Bananas, large, ripe, mashed	2
1	Egg, large, lightly beaten	1
1½ cup	Oat flour *	375 ml
½ tsp	Cinnamon	7 ml
½ tsp	Nutmeg	7 ml
½ tsp	Salt	7 ml
2 tsp	Baking powder	10 ml
1 tsp	Baking soda	5 ml

Instructions

In a bowl mix together rolled oats, yogurt and milk. Let soak for 10 minutes.

Mix oat flour, salt, spices, baking powder and baking soda in a bowl.

Add brown sugar, mashed banana, egg and oil to rolled oats mixture. Mix well.

Add dry ingredients to the rolled oats mixture. Mix well. Fill greased or paper lined muffin cups ⅔ full. Bake for approximately 20 minutes.

1 serving has 25 grams of oats (rolled oats and flour).

Enjoy!!!!

Source: original recipe by Cream Hill Estates

Oatmeal Raisin Cookies

Yield: 54 cookies

Gluten and Nut-Free, possibly Dairy and Egg free as well

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Enjoy!!!!

Source: Washburn and Butt. The Complete
Gluten-Free Cookbook. p.268

<http://www.bestbreadrecipes.com/glutenfree.htm>

*pure oat products

¾ cup	Butter, softened or lactose-free margarine	175 ml
½ cup	Brown sugar, lightly packed	125 ml
½ cup	White granulated sugar	125 ml
1	Egg, large***	1
2 tsp	Vanilla extract	10 ml
¾ tsp	Baking soda	4 ml
¾ cup	Oat flour *	175 ml
2½ cup	Oats, rolled, old fashioned*	625 ml
¼ cup	Tapioca starch	50 ml
½ tsp	Xanthan gum	2.5 ml
1½ cup	Chocolate chips **	375 ml

OR

1½ cup	Raisins **	375 ml
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**You can add chocolate chips to half the
recipe and raisins to the other half

*** Omit egg and combine 2 tbsp (25ml) flax
flour or ground flaxseed with ¼ cup (50ml)
warm water. Let stand for 5 minutes. Then add
with vanilla.

Instructions

Cream butter, brown and white sugar, egg and
vanilla together until fluffy.

Mix together soda, Xanthan gum, oat flour,
tapioca starch and mix well. Blend flour
mixture into creamed mixture. Stir in oats and
raisins or chocolate chips.

Drop dough by rounded spoonfuls 2 inches
apart on lightly greased baking sheets. Bake at
350°F (180°C) for 10-13 minutes or until
lightly browned and just set. Let cool on baking
sheet on a rack for 2-3 minutes. Carefully
transfer to wire racks. Let cool completely.
Store in an airtight container at room
temperature for up to 5 days or freeze for up to
2 months.

**1 cookie has 7 grams of oats (flour and rolled
oats totaled).**

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