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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "Oatmeal Muffins"--Information from the Bureau of Human Nutrition
and Home Economics, U.S. Department of Agriculture

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One way you can save flour in everyday cooking is by using oatmeal. A bowl of oatmeal at breakfast in the place of toast. Or cooked rolled oats in place of bread crumbs for meat loaf. Or rolled oats in place of flour in cookies. Or rolled oats muffins.

If you haven't made any rolled oats muffins before..or if you'd like to try a good recipe...here's one recommended by food specialists of the U.S. Department of Agriculture. Do you have a pencil and paper ready?

First...I'm going to tell you the ingredients....what goes in the muffins. Then I'll tell you how much. That'll give you a chance to check the list twice. You use cooked rolled oats for this recipe. If you're serving oatmeal for breakfast you might just measure in enough extra so that you'll have the cooked oats for muffins.

Here's the list of ingredients. Cooked rolled oats. Water or milk (you may use either one for the liquid). An egg. Melted fat. Sifted flour. Sugar. Salt. Baking powder.

Now for how much. You'll need one cup of cooked rolled oats. A half cup of water or milk. One egg beaten. Two tablespoons of melted fat. One and one-half cups of sifted flour. A half tablespoon of sugar. A half teaspoon of salt. And three teaspoons of baking powder.

And here's how you mix'em. Mix the rolled oats, the liquid, beaten egg and melted fat together. Then sift the dry ingredients together--that's the flour... sugar...salt and baking powder. Now add the sifted dry ingredients to the other mixture--the oats, liquid, egg and fat. Stir until just mixed. Fill the greased muffin pans about two-thirds full. And bake in a moderately hot oven for 25 to 30 minutes. This recipe will make 10 good-sized muffins.

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