

Oatmeal Breakfast Bar

Posted on Sep 22, 2011 ~ Revised January 2022



Freshly roll your grains, soak overnight, then cook.

Lay out a variety of toppings to add to your oatmeal:

- blueberries
- strawberries
- raisins or cranberries
- dried fruits
- nuts
- our home-made brown sugar
- agave flavored with maple extract
- whatever you like

Now in 2022, we soak & dehydrate our grains first, then roll. Study the chart below. Note the nutritional differences between the plain oat grain & the sprouted oats! Incredible nutrition by just taking a few extra steps!

For a whopping powerhouse meal, cook up equal parts of millet, quinoa, amaranth & teff.

Use $\frac{1}{4}$ cup each grain, cook with $1 \frac{1}{4}$ cup water.

Nutrient Composition of Oat Grain

VS Sprouted Oats

Nutrient or Other Constitute	Oat Grain	Sprouted Oats	% Differences
Water.. (g)	7	404	5771%
Dry matter (g)	50	50	-
Protein...(g)	7.5	10.5	+140%
Fat.. (g)	2.1	2.6	+124%
Carbohydrate, (g)	32.9	21.4	-53%
Energy (kcal)	181	151	-20%
Fiber. (g)	5.9	13.1	+222%
Ash.. (g)	1.6	2.0	+125%
Calcium (mg)	32	119	+372%
Phosphorus (mg)	180	254	+141%
Vitamin A (IU)	0	3039	+303,900%
Vitamin E (mg)	0.9	2.4	+267%
Niacin. (mg)	0.9	5.2	+578%
Riboflavin (mg)	0.1	1.1	+1100%
Thiamin (mg)	0.2	0.6	+300%
Vitamin C. (mg)	0	10.9	+1090%

Adapted from Foods & Nutrition Encyclopedia, Two Volume Set (Ensminger & Ensminger, 1993, p379)

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