



# Oats of Allegiance

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## **BUTTERMILK MULTI-GRAIN PANCAKES**

*Buttermilk lightens the texture of these hearty pancakes.*

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| 1 1/4 cups (300 mL) whole wheat flour    | 1/4 tsp (1 mL) salt                      |
| 1 cup (250 mL) old-fashioned rolled oats | 2 cups (500 mL) buttermilk               |
| 1/4 cup (50 mL) cornmeal                 | 2 eggs                                   |
| 1/4 cup (50 mL) wheat germ               | 1/4 cup (50 mL) oil                      |
| 2 tbsp (25 mL) whole flaxseed, ground    | 2 tbsp (25 mL) packed golden brown sugar |
| 1 tbsp (15 mL) baking powder             | 1 tsp (5 mL) vanilla                     |
| 1/4 tsp (1 mL) baking soda               |  |

Combine first 8 ingredients (flour through salt) in a bowl. Whisk together buttermilk, eggs, oil, brown sugar and vanilla until blended. Add buttermilk mixture to flour mixture and stir just until combined. Do not overmix. Batter will be thick. Using 1/4 cup (50 mL) batter for each pancake, spoon batter, spreading lightly, onto a lightly greased griddle over medium heat. Cook pancakes until golden brown, about 2 minutes per side. Makes about 16.

## **HONEY BERRY GRANOLA**

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| 1/4 cup (50 mL) honey                         | 1/4 cup (50 mL) sliced natural almonds   |
| 1/4 cup (50 mL) orange juice                  | 1/4 cup (50 mL) sweetened flaked coconut |
| 2 tbsp (25 mL) packed golden brown sugar      | 1/4 cup (50 mL) shelled pumpkin seeds    |
| 1/2 tsp (2 mL) cinnamon                       | 1/4 cup (50 mL) dried blueberries        |
| 1/2 tsp (2 mL) vanilla                        | 1/4 cup (50 mL) dried cranberries        |
| 1 1/3 cups (325 mL) old-fashioned rolled oats | 1/4 cup (50 mL) raisins                  |
| 1/2 cup (125 mL) coarsely chopped pecans      |  |

Line a rimmed baking sheet with nonstick foil. Whisk together honey, orange juice, brown sugar, cinnamon and vanilla in a bowl until blended. Add oats, pecans, almonds, coconut and pumpkin seeds; stir to coat with honey mixture. Spread in prepared pan. Bake at 350°F (180°C), stirring twice, for 25 minutes or until lightly browned and dry. Cool completely in pan on a rack, stirring occasionally. Stir in blueberries, cranberries and raisins. Store in an airtight container in a cool dry place for up to 1 month. May be frozen. Makes about 3 cups (750 mL).

**Cook's Note:** *Shelled pumpkin seeds are dark green in colour and found in specialty stores and the bulk foods section of grocery stores.*

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## **CHOCOLATE OAT SQUARES**

1 cup (250 mL) butter, softened	3 cups (750 mL) quick-cooking rolled oats
2 cups (500 mL) packed golden brown sugar	1 tsp (5 mL) baking soda
2 eggs	Chocolate Pecan Filling, recipe follows
2 tsp (10 mL) vanilla	
2 1/2 cups (625 mL) flour	

Using medium speed of an electric mixer, cream together butter and brown sugar until fluffy. Beat in eggs and vanilla until blended. Combine flour, oats and soda; stir into creamed mixture. Press two-thirds of oat mixture into bottom of an ungreased 10x15 inch (25x38 cm) jelly-roll pan. Spread Chocolate Pecan Filling over top. Dot remaining oat mixture on filling. Bake at 350 F (180 C) for 25 minutes. Chocolate filling should still look moist. Cool on a rack. Cut into squares. May be frozen.

### **Chocolate Pecan Filling**

1 1/2 cups (375 mL) chocolate chips	1/2 cup (125 mL) chopped pecans
1 can (300 mL) sweetened condensed milk	1 tsp (5 mL) vanilla
2 tbsp (25 mL) butter	

Combine chocolate chips, condensed milk and butter in a medium saucepan. Cook over low heat, stirring occasionally, until chocolate chips are melted and mixture is smooth. Stir in pecans and vanilla. Cool to room temperature.