

Blueberry Oatmeal



Ready in 15 Minutes

2 servings

Ingredients

1 1/3 cups water

1 pinch salt

2/3 cup MORNFLAKE quick oats

1 tablespoon crushed flax seed

1 tablespoon brown sugar

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

1/2 cup milk (optional)

1/4 cup fresh blueberries, or more to taste

Directions

Combine water and salt together in a saucepan; bring to a boil. Add MORNFLAKE oats; cook and stir until halfway tender, 2 to 3 minutes. Stir flax, brown sugar, cinnamon, and vanilla extract into oatmeal; continue cooking until oats are tender, water is boiled off, and desired cereal consistency is reached, 2 to 3 minutes more. Stir milk and blueberries into oatmeal.



RAMADAN Oatmeal Soup



Ready in 40 Minutes 6 servings

Ingredients

1 1/2 cups of MORNFLAKE oats
6 cups of water
1/2 to 1 pound of meat or chicken
Salt
Pepper
1 small onion chopped
1 clove of garlic chopped
1 teaspoon of cumin powder
1 teaspoon of coriander powder
1 lemon cut in half

Directions

Oatmeal soup is thick and creamy mostly served during iftar, very filling it can stand on its own, and very satisfying anytime.

In a medium sauce pan heat the oil add the meat or chicken, add the onion season with salt and pepper cook until the onions are translucent, add the garlic and coriander powder stir for few minutes. Add MORNFLAKE oats bringing it to a boil reduce the heat and simmer while stirring occasionally about 30-40 minutes. (make sure not to burn the soup.) Serve with lemon.



SHORBA WITH OATS



Ready in 25 Minutes

4 servings

Ingredients

1 small onion finely chooped

1 clove garlic finely chopped

few chunks of meat with bone

1/2 tin chopped ripe tomatoes or tomato paste

1 teaspoon cumin powder

2 dried lemons or fresh lemons

salt & pepper

a cup of milk

1 cup Mornflake Jumbo oats

5 cups water

Directions

Sautee onion until translucent, add the garlic and sautee for further 2 mins. Add the meat and fry until browned. Add the rest of the ingredients along with water and cook until meat is tender and the oats have turned mushy. Garnish with cilantro or coriander leaves. If you can't get dried black lemons, add a good squeeze of lemon juice in at the end. Adjust the sesonings and serve warm.



OATS Date Bars



Ready in 45 Minutes

20 BARS

Ingredients

1 1/2 cups chopped pitted dates	2 cups MORNFLAKE quick oats
1/4 cup packed light brown sugar	1/2 cup packed light brown sugar
1 teaspoon orange zest	1 cup all-purpose flour
1/4 teaspoon ground cloves	1/2 teaspoon baking powder
1/2 teaspoon ground cinnamon	1/2 teaspoon baking soda
1/4 teaspoon ground allspice	1/2 teaspoon ground cinnamon
1 1/2 tablespoons lemon juice	1/4 teaspoon salt
7/8 cup water	3/4 cup butter
	2 tablespoons water

Directions

1 Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch square pan. In a small saucepan, combine the dates, 1/4 cup brown sugar, orange zest, cloves, 1/2 teaspoon cinnamon, allspice, lemon juice and water. Cook over medium-high heat, stirring constantly, until dates are soft and the mixture becomes a thick paste, about 10 minutes. Remove from heat and set aside to cool.

2. To make the crust and topping, stir together the MORNFLAKE oats, 1/2 cup brown sugar, flour, baking powder, baking soda, 1/2 teaspoon cinnamon and salt in a medium bowl. Cut in butter using a pastry cutter or your fingers. Mixture should be coarse and crumbly. Stir in 2 tablespoons water until evenly distributed. Press about 2/3 of the mixture into the bottom of the prepared pan. Spread the date mixture evenly over the crust all the way to the edges. Sprinkle the remaining crust mixture

3. over the date layer. Press down lightly.

Bake for 20 to 25 minutes in the preheated oven, until the top is lightly toasted. Cool completely before cutting into bars.

