



Organic Rolled Oats

Rolled oats are also known as old-fashioned oats, which are oat groats. These oats go through a steaming and flattening process to make them shelf stable and they do have a milder flavor. Rolled oats are soft textured and take less time to prepare.



Granola Ingredients

- 2 cups organic rolled oats
- 1/2 cup chocolate chips
- 1/2 cup raisins
- 2 Tbs maple syrup
- 1 Tbs raw honey
- 2 Tbs virgin coconut oil
- 1/4 tsp vanilla extract
- 1 large pinch of fine sea salt



Directions

- Combine ingredients in a large bowl.
- Put on a nonstick pan and bake at 325° for 8-10 minutes or until toasty
- Transfer to a serving bowl to share and enjoy!



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Health Benefits



Increases fiber

High in Vitamin A

Lowers blood sugar and cholesterol levels

Reduces risk of heart disease

Protects against skin irritation

Reduces constipation and contributes to bowel
regularity



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