**Old Fashioned Oatmeal Bread**

2 cups water  
2 Tablespoons oil  
2/3 cup regular oats, uncooked  
2 Tablespoons molasses  
1 teaspoon salt  
6 cups flour, divided  
1 package dry yeast  
3 Tablespoons flour  
1/2 cup warm water  
4 teaspoons regular oats, uncooked

Combine first 3 ingredients in a medium saucepan. Place over medium heat, and cook until mixture comes to a boil. Stir well. Remove from heat and cool to room temperature. Dissolve yeast in warm water in a large bowl. Let stand 5 minutes. Stir in oil, molasses, and cooled oatmeal mixture. Add 3 cups flour. Beat by hand or at medium speed with an electric mixer until well blended. Gradually stir in enough of the remaining 3 cups flour to make a soft dough. Sprinkle 3 tablespoons flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 8 to 10 minutes). Place in a large bowl coated with a nonstick spray or lightly oiled. Turn to coat the top of the dough ball. Cover and let rise in a warm place (85 degrees), free from drafts, for 1 hour or until doubled in bulk.

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**Oatmeal Dinner Rolls**

1 package dry yeast  
3 Tablespoons melted shortening  
1/3 cup warm (105°-110°) water  
1 Teaspoon salt  
1 cup quick-cooking oats  
1/3 cup packed brown sugar  
1 cup milk  
4 1/2 cups sifted flour  
1 cup water

Punch dough down, and divide in half. Roll each portion to a 15 x 8 1/2 inch rectangle. Roll up dough, starting at short side, pressing firmly to eliminate air pockets. Pinch ends to seal. Place dough, seam side down, in two 8 1/2 x 4 1/2 x 3 inch loaf pans, sprayed with nonstick spray, or lightly oiled. Brush loaves lightly with water, and sprinkle each loaf with 2 teaspoons oats.

Cover and let rise in a warm place, free from drafts, 45 minutes or until doubled in bulk. Bake at 375° for 25 minutes or until loaves sound hollow when tapped. Cover loaves with aluminum foil the last 10 minutes of baking to prevent over-browning, if necessary. Remove from pans, and let cool on wire racks.

**Nutrition Facts**

<table>
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<th>Servings Per Recipe</th>
<th>Calories</th>
<th>11% of total calories from fat</th>
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**using skim milk**

<table>
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<tr>
<td></td>
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