



**Nora Mill Granary**  
7107 South Main Street  
Helen, GA 30545

706-878-2375  
noramill.com

## Nora Mill Old Fashioned Rolled Oats



**Old Fashioned  
Rolled Oats**

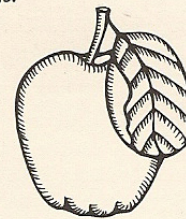
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## Old Fashioned Apple-Oatmeal Crisp

8 Golden Delicious apples, about 4 pounds  
(peeled, cored, cut into 1/3" thick slices)  
3 T. plus 1 Cup sugar  
1 Cup Nora Mill Rolled Oats  
1 Cup all-purpose flour  
2 tsps. ground cinnamon  
3/4 Cup unsalted butter  
Vanilla ice cream or whipped cream

Preheat oven to 350° F. Butter a 13" x 9" x 2" glass baking dish. Combine apples and 3 tablespoons of sugar in a large bowl; toss to coat. Transfer to prepared baking dish. Combine Nora Mill Rolled Oats, flour, cinnamon and remaining 1 cup of sugar in medium bowl. Add butter and rub in with fingertips until pea-size clumps form. Sprinkle over apples. Bake until the apples are tender, about 1 hour. Serve warm with ice cream or a dollop of whipped cream.  
*Makes 8 servings.*





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## Nora Mill Old Fashioned Rolled Oats (continued)

### Crock Pot Overnight Oatmeal

- 1 Cup Nora Mill Rolled Oats
- 1 Cup dried cranberries, raisins or dried cherries
- 1 Cup dried figs, apricots or apples  
(cut into small chunks)
- 4 Cups water
- 1/2 Cup half-and-half

In a crock pot, combine all ingredients and set to low heat. Cover and let cook for 8 to 9 hours. Stir and remove to serving bowls. This method works best if started before you go to bed. This way your oatmeal will be finished by morning. Serve with a sprinkle of brown sugar and cinnamon.  
*Makes 4 servings.*



**INGREDIENTS:** 100% Rolled Oats.



### Old Fashioned Oatmeal

To make Oatmeal: Combine 1 cup Oats with 2 cups cool water. Place over medium heat for 10 minutes, stirring from time to time until mixture boils. Remove from heat, cover and let rest for 3 minutes. Add salt, sugar, brown sugar, butter, fruit, cream or milk to taste. *Serves 4.*

Old Fashioned Rolled Oats are flattened whole oat groats. They contain all parts of the nutritious oat grain, including the bran, endosperm and germ portion.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

