

Try oatmeal (bread) for breakfast!

When the wind chill index is down, a hot breakfast cereal seems a logical way to put some heat inside the body. This helps in decreasing the body heat loss and packs a wallop as far as nutrition is concerned. While you're cooking oatmeal, cook an extra two cups and make the accompanying recipe for Oatmeal Nut Bread. These delicious loaves are easy to make and make fine toast as well as sandwiches for the lunchbox.

Not all recipes for oatmeal bread call for cooked oatmeal. Some use the flakes as they come from the package. Recipes using dry oatmeal will call for considerably more liquid. Note, too, that the cooked oatmeal must be cooled to lukewarm before adding to the other ingredients. If it's too hot it may destroy the yeast.

This is a delicious bread that toasts to a deep golden brown. It slices well and makes a delicious sandwich for the lunchbox. The recipe makes three loaves which won't last long if your bread eaters appreciate delicious homemade bread. However if there's a chance it might become stale, slice up a loaf into small packages for the freezer. When properly wrapped it holds moisture and flavor for at least three months.

OATMEAL NUT BREAD

- 8 1/2 to 9 1/2 cups unsifted flour
- 2 teaspoons salt
- 2 packages yeast
- 1 cup water
- 1/2 cup molasses
- 1/2 cup (1 stick) margarine
- 2 eggs (at room temperature)
- 2 cups cooked old-fashioned oatmeal
- 1 cup chopped pecans

In a large bowl thoroughly mix 2 cups flour, salt, and undissolved active dry yeast.

Combine water, milk, molasses and margarine in a saucepan. Heat over low heat until liquids are very warm (120°F.-130°F.). Margarine does not need to melt. Gradually add dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs, cooked oatmeal and 1 cup flour. Beat at high speed 2 minutes, scraping bowl occasionally.



This simple, nutritious recipe yields three fragrant loaves of Oat meal Nut Bread.

Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board, knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Punch dough down; knead in pecans. Divide into 3 equal pieces. Roll each piece into a 12 x 8 inch rectangle. Beginning at an 8-inch end, roll dough as for jellyroll. Pinch seam to seal. With seam side down, press down ends with heel of hand. Fold underneath. Place, seam side down, in 3 greased 8 1/2 x 4 1/2 inch loaf pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Bake at 400°F. for 30 minutes, or until done. Remove from pans and cool on wire racks. Makes 3 loaves.

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