



# **Oatlicious Oatmeal Recipes: An Amazing Collection of Delicious Oatmeal Recipes from this Healthy Grain**

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## Enjoy Amazing and Delicious Recipes from this Highly Nutritious and Healthy Superfood that is Oatmeal

Oats are a widely used whole grain and have become a staple in many homes. Oats are known scientifically as *Avena Sativa* and are a great source of fiber. They also contain high levels of and are a great source for antioxidants, vitamins and minerals.

The nutritional supremacy of oats contributes to many health benefits among them,

- Lowering cholesterol,
- Controlling blood pressure and,
- Improving insulin sensitivity among many more.

## In this Book, You Will Learn How To Make Delicious Oatmeal Recipes that Include....

An assorted variety of;

- Do it yourself home-made oatmeal recipes
- Warming oatmeal recipes for winter
- Cooling breakfast oatmeal recipes for summers
- Delicious main dishes oatmeal recipes
- Soups and stews oatmeal recipes
- Delightful desserts oatmeal recipes
- Granola and bars oatmeal recipes
- Healthy vegetarian oatmeal recipes

.....**And So Much More**.....

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