

# GROATS

*Meaning: Groats are hulled grains, typically oats or barley, that are often used in cooking and as a nutritious food source.*

1. The farmer decided to use groats in his homemade granola recipe.
2. In medieval times, groats were a staple food for both humans and livestock.
3. After soaking the groats overnight, she cooked them into a creamy porridge.
4. He tried adding groats to his soup for an extra crunch and nutritional boost.
5. Groats can be found in health food stores, often labeled as a superfood.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/groats>*