Recipe Inspiration

Heart Health

Baked Banana Oat Cups (12 servings)

Ingredients

- 3 cups Quaker® Old Fashioned Oats, divided
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 ½ cups nonfat milk
- 3 tablespoons canola oil, plus 2 teaspoons for oiling pan
- 1 large egg
- 1 large egg white
- ¼ cup maple syrup
- 1 cup mashed very ripe banana (2 medium bananas)
- 1 teaspoon vanilla extract
- ½ cup chopped pecans

Cooking Instructions

Preheat the oven to 350 degrees. Place 1 cup of the oats in a food processor and process until it is finely ground. (You will wind up with about ¾ cup.) Place the ground oats into a medium bowl with the remaining rolled oats, the cinnamon, baking powder and salt and stir to combine. In another medium bowl whisk the milk, 3 tablespoons canola oil, egg, egg white, and maple syrup until smooth. Stir in the banana and the vanilla extract until well combined. Add the dry ingredients to the wet and stir to combine. Brush the wells of a 12-cup muffin tin with 2 teaspoons oil. Spoon the mixture into the muffin wells, filling each to the top. Sprinkle pecans on top. Bake until set and golden brown around the sides, about 25 minutes. Cool in the pan on a wire rack for 10 minutes, then run an offset spatula around the sides and underneath each cup to remove from the pan and transfer to the wire rack to cool. Store in an airtight container in the refrigerator for up to 3 days, or freeze.
Cooking Instructions

Blend together Quaker oats, Quaker Oat Beverage, spinach, banana, water, Greek yogurt, cinnamon, and ice, until smooth. Pour into your favorite travel cup, grab your everyday essentials, and enjoy as you head out the door!

Ingredients

- ½ cup Quaker® Old Fashioned Oats (uncooked)
- ½ cup Unsweetened Quaker® Oat Beverage
- 2 cups fresh spinach (lightly packed)
- 1 small banana
- ½ cup water
- ¼ cup 2% plain Greek yogurt
- ½ teaspoon cinnamon
- 6 ice cubes (~ 1/2 cup)

Meal in a Glass (1 serving)

Digestive Health

This recipe is considered a good source of fiber (at least 3g of fiber per serving). Fiber from a diet rich in grains, fruits and vegetables helps keep things moving through the digestive tract. Experts recommend eating at least 25 to 30 grams of fiber a day from a variety of grains, fruits and vegetables to help support a healthy digestive system. A serving of oats provides 4 grams of fiber. See nutritionals below for fat content.
Energy

In a medium saucepan bring water to just a boil. Stir in oats and fresh ginger. Cook for about 5 minutes over medium heat, stirring occasionally. Add turmeric and ginger, mix to combine, and divide oatmeal between 2 bowls. Top with fresh cherries, cashews, black sesame seeds, and additional fresh ginger if desired. Drizzle with honey to taste and enjoy!

Ginger Turmeric Oatmeal with Fresh Cherries and Cashews (2 servings)

**Ingredients**
- 1 ¾ cup water
- 1 cup Quaker® Old Fashioned Rolled Oats
- 1 tablespoon fresh ginger
- 2 teaspoons ground turmeric
- 2/3 cup fresh cherries, pitted and halved
- ¼ cup cashews
- 3 teaspoons black sesame seeds
- 1 ½ tablespoons honey
- 2 teaspoons chia seeds

**Cooking Instructions**
In a medium saucepan bring water to just a boil. Stir in oats and fresh ginger. Cook for about 5 minutes over medium heat, stirring occasionally. Add turmeric and ginger, mix to combine, and divide oatmeal between 2 bowls. Top with fresh cherries, cashews, black sesame seeds, and additional fresh ginger if desired. Drizzle with honey to taste and enjoy!