



Oat-Meal Builder

Oats are highly versatile, serving as a nutritious blank canvas to inspire culinary creativity. This guide can help you create endless possibilities to enjoy the goodness of oats and get more nutrition and taste out of what you eat each day.

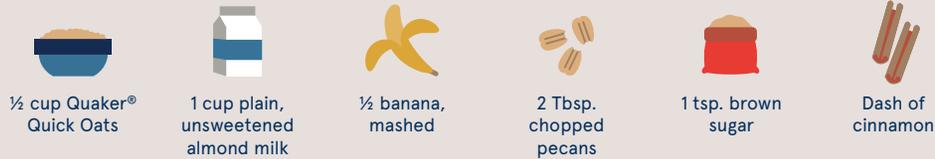
Oatmeal

Make your own oatmeal creation in two simple steps!

1. Cook your favorite variety of Quaker® Oats in desired liquid, according to package directions.
2. Top with a fruit or vegetable, protein source and fun flavor booster.

Oatmeal Three Ways

Banana Nut Oatmeal



Savory Sausage, Onion & Pepper Oatmeal



PB&J Oatmeal



Quaker® Oats (1 serving)

- 1 packet Instant Oats
- 1/2 cup Old-Fashioned Oats
- 1/2 cup Quick Oats
- 1/4 cup Steel-Cut Oats



Sweet

Liquid (1/2 cup – 1 cup;
Choose low-fat/nonfat dairy)

- Milk
- Dairy alternative
- Water



Savory

Liquid
(1/2 cup – 1 cup)*

- Water
- Low-sodium broth
- No-salt-added broth



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Fruit or Vegetable

(1/4 cup – 1/2 cup fresh; 2 Tbsp. dried)

- Apple
- Banana
- Berries
- Pear
- Peach
- Dried fruit

Fruit or Vegetable

(1/4 cup – 1/2 cup, total)

- Shredded carrots
- Avocado
- Spinach
- Sautéed onion, bell pepper, zucchini or mushrooms

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Protein

(Choose low-fat/nonfat dairy)

- 1/4 cup yogurt
- 2 Tbsp. nuts
- 1 tsp. seeds
- 2 Tbsp. nut butter



Protein

(Choose low-fat/nonfat dairy)

- 1/4 cup plain yogurt
- 2 Tbsp. cheese
- 1 turkey sausage link
- 1 – 2 eggs



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Flavor Booster

(Add up to 2 tsp. total)

- Spices
- Honey
- Sugar
- Maple syrup
- Fruit preserves
- Flavor extracts
- Coconut flakes

Flavor Booster

(Add up to 2 tsp. total)

- Herbs
- Spices
- Garlic
- Pesto



*for best results, follow package directions



Oat-Meal Builder

Overnight Oats

If you're looking for an easy breakfast option, this is it!

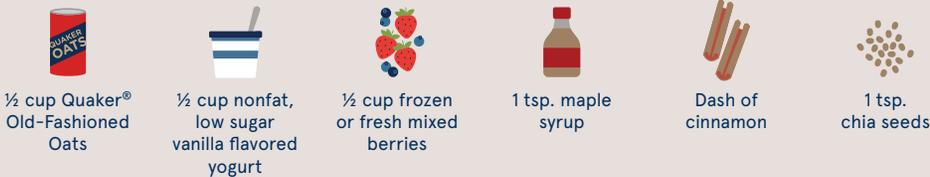
1. Mix together a one-to-one ratio of rolled oats and your choice of milk, yogurt, or any other dairy substitute.
2. Add in your choice of fruit and flavor boosters. Let steep in the fridge overnight.
3. In the morning, stir in your "crunch" ingredients.

Overnight Oats Three Ways

Apple Crisp Overnight Oats



Berry-licious Overnight Oats



Chunky Monkey Overnight Oats



Quaker® Oats (1 serving)

- Old-Fashioned Oats, uncooked



Liquid (½ cup, choose low-fat/nonfat dairy)

- Milk
- Dairy alternative
- Yogurt
- 100% fruit juice
- Coffee



Fresh or Frozen Fruit (¼ cup – ½ cup)

- Apple
- Banana
- Berries
- Cherries
- Kiwi
- Mango
- Pumpkin puree
- Peach



Flavor Booster (up to 2 tsp., total)

- Cocoa powder
- Coconut flakes
- Flavor extracts
- Honey or agave
- Instant coffee
- Maple syrup
- Nut butter
- Spices



Crunch (2 Tbsp. nuts or granola; 1 tsp. seeds or nibs)

- Almonds
- Chia seeds
- Cocoa nibs
- Granola
- Ground flaxseed
- Pecans
- Walnuts





Oat-Meal Builder

Oats as Breadcrumbs

Oats can be enjoyed well beyond breakfast! Using them in place of breadcrumbs is an easy place to start. Here are a few ideas:

1. In burgers, cakes or patties, combine oats with other ingredients and press mixture into a patty; cook as usual.
2. Simply substitute oats for breadcrumbs in your favorite meatball or meatloaf recipe or try the combinations below!
3. Combine oats with seasonings to form a crispy breading.

Create your own unique burger patty or meatball recipe with these simple steps (makes 4 servings).

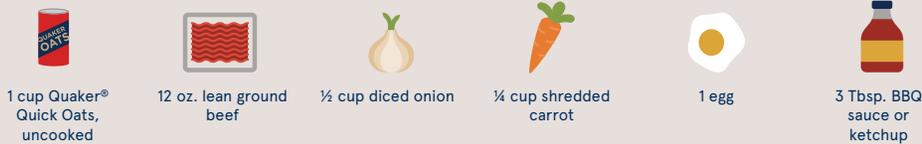
Oats as Breadcrumbs Three Ways

Zesty Black Bean Burger



Sauté vegetables in oil until tender; transfer to a food processor. Add remaining ingredients and pulse until well blended. Shape into 4 patties. Cook patties using stovetop, broiler or grill until browned as desired.

Mini Meatloaves



Mix all ingredients together in large bowl. Divide mixture into 4 parts and shape into mini loaves. Bake at 350°F for 25 to 28 minutes or until meatloaf centers are no longer pink (160°F).

Chicken Fingers



Beat egg whites and place in a shallow bowl. Pulse oats in a food processor until coarsely ground; place in a separate shallow bowl. Add cheese and seasonings; stir to combine. Dip chicken tenderloins in egg white, then oat mixture. Place chicken on foil-lined baking sheet. Bake at 400°F for 15 minutes or until chicken is cooked through and oat coating is golden brown.

Quaker® Oats (1 cup, uncooked)

- Quick Oats
- Instant Oats (Original)
- Old-Fashioned Oats



Protein (12-16 oz. meat or 2 cups legumes)

- Lean ground beef
- Lean ground turkey
- Lean ground chicken
- Flaked salmon
- Beans
- Lentils



Finely Chopped or Shredded Vegetables (1 cup)

- Bell pepper
- Carrot
- Mushroom
- Onion
- Zucchini



Binder (1 serving)

- 1 Egg
- 2 Egg whites
- 1 Tbsp. Ground flax + 3 Tbsp. water



Flavor Enhancers (to taste)

- Herbs
- Spices
- Garlic
- Ketchup
- BBQ sauce
- Salsa
- Salt and pepper
- Worcestershire
- Cheese