Recipe Inspiration

Banana Bread Oatmeal (6 servings)

**Ingredients**
- 2 cups Quaker® Oats (quick or old fashioned, uncooked)
- 3 cups nonfat milk
- 3 tablespoons firmly packed brown sugar
- ¾ teaspoon ground cinnamon
- ¼ teaspoon salt (optional)
- ¼ teaspoon ground nutmeg
- 1 cup mashed ripe bananas (about 3 medium)
- 2 tablespoons coarsely chopped toasted pecans
- Plain or vanilla nonfat yogurt (optional)
- Banana slices (optional)
- Pecan halves (optional)

**Instructions**
1. In medium saucepan, bring milk, sugar, salt and spices to gentle boil (watch carefully); stir in oats.
2. Return to boil; reduce heat to medium. Cook 1 minute for Quick Oats, 5 minutes for Old Fashioned Oats or until most of liquid is absorbed, stirring occasionally.
3. Remove oatmeal from heat. Stir in mashed bananas and pecans. Spoon oatmeal into six cereal bowls. Top with yogurt, sliced bananas and pecan halves, if desired.

**Cook Note**
To toast pecans, spread evenly in shallow baking pan. Bake at 350°F for 5 – 7 minutes or until light golden brown. Or, spread nuts evenly on microwave-safe plate. Microwave on HIGH 1 minute; stir. Continue to microwave on HIGH, checking every 30 seconds, until nuts are fragrant and brown.
Favorite Oatmeal Pancakes (12 servings)

Ingredients
• 1 ¼ cups all-purpose flour
• ½ cup Quaker® Oats (quick or old fashioned, uncooked)
• 2 teaspoons baking powder
• ¼ teaspoon salt (optional)
• 1 ¼ cups nonfat milk
• 1 egg, lightly beaten
• 1 tablespoon vegetable oil

Instructions
1. In large bowl, combine flour, oats, baking powder and salt; mix well. In separate medium bowl, combine milk, egg and oil; blend well.
2. Add liquid ingredients to dry ingredients all at once; stir just until dry ingredients are moistened (do not over mix).
3. Add one of the stir-in options, if desired; mix gently.
4. Heat skillet over medium-high heat (or preheat electric skillet or griddle to 375°F). Lightly grease skillet. For each pancake pour ¼ cup batter into hot skillet. Turn when tops are covered with bubbles and edges look cooked. Turn only once. Serve & enjoy!

Stir-Ins (optional)
• Blueberry pancakes: 1 cup fresh or frozen blueberries (do not thaw)
• Banana pancakes: 1 medium-size ripe banana, mashed, and ⅛ teaspoon ground nutmeg
• Apple cinnamon pancakes: ¼ finely chopped apple, ¼ cup chopped nuts and ½ teaspoon ground cinnamon
• Chocolate chip pancakes: ½ cup semisweet chocolate chips
Almond Butter Muffins (12 servings)

Ingredients
- 3 cups plus 1 tablespoon Quaker® Oats (quick or old fashioned, uncooked)
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup nonfat milk
- 3 tablespoons agave nectar
- ¼ cup almond butter
- 1 tablespoon canola oil
- 1 large egg, beaten
- 1 ½ tablespoons sliced almonds

Instructions
1. Heat oven to 400°F. Lightly spray 12 medium muffin cups with cooking spray or line with paper baking cups. Place 1 cup oats in blender or food processor container and process until oats are finely ground.
2. In large bowl, combine ground oats, remaining 2 cups oats, flour, baking powder and salt; mix well.
3. In small bowl, combine milk, agave, almond butter, oil and egg; mix well. Add to dry ingredients; stir just until dry ingredients are moistened.
4. Fill muffin cups. Sprinkle with remaining oats and the almonds, pressing lightly into batter. Bake 15 – 18 minutes or until golden brown.
5. Cool muffins in pan on wire rack 5 minutes. Remove from pan. Serve warm.

Cook Note
To freeze leftover muffins, place in freezer bag; seal securely. Freeze up to 2 months. To reheat in microwave oven, place muffin on microwave-safe plate. Microwave on HIGH about 20 – 30 seconds for one muffin.
Super Oatmeal Cookies (12 servings)
CREATED BY KATH YOUNGER, RD OF KATH EATS

Ingredients
- 1 ½ cups Quaker® Old Fashioned Oats
- ½ cup oat flour made from Quaker® Oats
- ¼ cup carrot, peeled and grated (~1 large or 2 medium)
- ¼ cup apple, peeled, cored and grated (~1 large or 2 medium)
- ¾ cup canned pumpkin
- ½ cup ground flax
- 1 large egg
- 3 tablespoons honey
- 2 tablespoons butter, melted
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt

Instructions
1. Preheat oven to 350°F.
2. Line baking sheet with parchment paper. Make oat flour in a food processor with the blade attachment. Switch to grate attachment and grate peeled carrots and apples.
3. In a large bowl, mix oats, oat flour, ground flax, cinnamon, baking soda and salt.
4. In a separate bowl, beat egg and stir in pumpkin, honey, melted butter and vanilla.
5. Pour wet ingredients into dry. Fold in carrot and apple.
6. Divide dough into 12 pieces and form cookie shapes.
7. Bake for 15-18 minutes, until cookies are golden and edges are crispy.
8. Cool completely and store in fridge. Toast or heat before eating.