

Get Creative with Oats

Oats are highly versatile and offer countless possibilities to get more nutrition and taste out of what we eat each day.

Hot

For Oatmeal or Oatmeal Bake: Start with your favorite Quaker Oat variety, then choose your flavor adventure:

Sweet Oatmeal Add-Ins



Fruits, fresh or dried



Nuts, Nut Butters or Seeds



Flavorings, like spices or extracts

Savory Oatmeal Add-Ins



Vegetables, shredded, sautéed or roasted



Flavorings, like herbs or sauces



Protein, such as Canadian bacon, eggs or cheese

Quick Fruit and Oat Breakfast Bake

Ingredients

3 cups Quaker® Oats (Quick or Old Fashioned, uncooked)
2 Tbsp brown sugar, divided
1 tsp baking powder
1 tsp ground cinnamon
¼ tsp salt
1 cup nonfat milk
1 tsp vanilla extract
2 egg whites, beaten
6 Tbsp finely chopped apple or pear with peel, blueberries, raspberries or blackberries

Instructions

- Heat oven to 350°F. In large bowl, stir together oats, brown sugar, baking powder, cinnamon and salt. Combine well.
- In separate bowl stir together milk, vanilla and egg whites. Add to oat mixture. Stir to combine well. Let stand about 5 minutes until liquid is absorbed.
- Coat 6 muffin pan cups with nonstick spray. Portion oat mixture evenly into cups. Top each with 1 tablespoon desired fruit, pressing lightly. Bake 20 minutes or just until firm. Let stand in pan on wire rack 5 minutes.
- Serve warm or at room temperature. Refrigerate or freeze leftovers. Reheat in microwave oven on High 30 seconds to 1 minute or until heated as desired.



Cold

Overnight Oats – use these tasty tips:



Achieve maximum texture with Old Fashioned Oats



Use a one-to-one ratio of raw oats and your choice of milk, yogurt, or other dairy substitutes



For best results, soak in the fridge for 8 hours so the oats can absorb all the liquid



For a crunchy texture, top with nuts or seeds in the morning

Smoothies or Smoothie Bowls – create your own:



Start with 1 cup of liquid (milk, dairy alt, juice)



Toss in 1-2 cups of fruits and vegetables



Add ½ cup Old Fashioned, Quick or Instant Oats



Top it with nuts, seeds or additional fruit

Protein Berry Burst Smoothie



Ingredients

1 packet Quaker® Original Instant Oatmeal
½ cup nonfat or low-fat milk
½ cup strawberries, hulled and chopped
1 Tbsp honey
¼ tsp ground cinnamon
1 Tbsp walnuts, chopped

Instructions

- Combine first five ingredients in the carafe of a blender. Cover and refrigerate overnight.
- In the morning, blend the mixture until smooth. Top with chopped nuts.

QUAKER

Sweet

Use oats in baking and cooking to provide rich texture and flavor and help increase fiber. Try adding oats or oat flour (made by putting oats in a blender or food processor) to:

- Cookies
- Pancakes or Waffles
- Scones
- Quick Breads or Muffins

Oats add a hearty texture to no-bake recipes, too!

Try them in:

- No-Bake Snack Bars
- Energy Bites



Maple Almond Energy Bites

Ingredients

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| 2 ¼ cups Quaker® Oats (Quick or Old Fashioned, uncooked) | 3 Tbsp maple syrup |
| 3 Tbsp almond or oat flour | 2 Tbsp apple juice |
| ¼ cup almond butter | 2 Tbsp water |
| | 1 Tbsp sliced almonds, chopped, toasted if desired |

Instructions

- Place oats and almond flour in large bowl; stir to blend well. Add combined almond butter and syrup. Stir until ingredients are well blended.
- Add apple juice and stir to combine ingredients, adding water as needed for shaping consistency.
- If desired, add salt to taste preference.
- Shape into 24 (about 1-inch diameter) balls.
- Spread chopped almonds on waxed paper in single layer.
- Gently press top of each ball into almonds.
- Refrigerate, covered, until chilled. Store leftovers in refrigerator, covered.

COOK NOTE: To make oat flour, place 3 tablespoons Quick or Old Fashioned Oats in blender or food processor. Process until finely ground.

Savory

Oats can serve as a simple and versatile blank canvas in the kitchen – beyond the breakfast bowl! With a little creativity, you can use oats in new, unexpected ways. Here are a few ideas to get you started:

- Oat Risotto
- Burgers
- Soups, Stews or Chili
- Oat Flatbread
- Meatballs or Meatloaf
- Pilafs
- Bread
- Grain-Based Salads

Roasted Sweet Potato Steel Cut Oat Salad with Spinach, Avocado & Cranberries

Brought to you by Sam Stephens of OatMeals NY

Ingredients

For Salad

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| 1 large sweet potato, peeled and cut into 1-inch pieces | 1 cup water |
| 1 Tbsp olive oil | ¼ tsp salt |
| ½ tsp kosher salt | ¾ cup fresh spinach |
| ½ tsp freshly ground black pepper | 1 fresh avocado, peeled, cored and cubed |
| 1 cup Quaker® Steel Cut Oats | 2 Tbsp whole cranberries, dried |

For Dressing

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|------------------------------|-------------------------|
| ¼ cup extra virgin olive oil | 1 large shallot, minced |
| 2 Tbsp white wine vinegar | 1 Tbsp fresh lemon zest |

Instructions

- Preheat oven to 450°F. Place the sweet potato pieces on a sheet pan and drizzle with olive oil, kosher salt, and pepper and toss well. Arrange pieces in one layer and roast for 25 to 30 minutes, turning once.
- In a large skillet, toast Steel Cut oats over medium heat for 5 minutes until fragrant and nutty, stirring constantly.
- Boil water in a small saucepan. Transfer toasted oats to a large bowl and pour over boiling water and ¼ tsp salt. Cover and let stand for 20 minutes or until oats have absorbed all the water. Fluff with a fork (note that oats are purposely undercooked to retain texture and bite).
- To prepare the dressing, whisk together olive oil, vinegar, shallot, lemon zest, and salt and pepper. In a large bowl, combine the cooled oats, sweet potatoes, spinach, avocado and cranberries. Add dressing and toss well to combine. Serve cold or at room temperature.

COOK NOTE: If you prefer a softer oat texture, prepare oats the day before and store overnight in refrigerator until salad is assembled or pour boiling water over oats in the skillet and cook for 30 to 60 seconds before transferring to a large bowl.

