



Healthy Ways to Eat Oats



Make half your grains whole grains!

1. Enjoy it for breakfast topped with your favorite fresh, frozen or canned fruit!
2. Add to smoothies for a boost of fiber in the morning!
3. Use instead of breadcrumbs in meatball or meatloaf recipes.
4. Oatmeal isn't just for breakfast...season with savory herbs and/or spices and serve with protein and vegetables at lunch or dinner!
5. Make your own granola*. Serve on top of plain, nonfat yogurt to make a parfait.

Ingredients:

4 Tablespoons honey or maple syrup	2 Tablespoons oil
½ teaspoon cinnamon	2 cups oats
4 Tablespoons sliced or chopped nuts (optional)	Non-stick cooking spray
½ cup dried fruit (raisins, cranberries, apricots, dates, prunes)	

Directions:

1. Preheat oven to 350° F. In a large bowl, add honey, oil, and cinnamon. Whisk with a fork.
2. Add oats and nuts (if using). Stir until well-coated with honey mixture.
3. Coat a baking sheet with non-stick cooking spray. Spread oat mixture evenly onto sheet.
4. Bake until lightly browned, about 10-15 minutes. Stir every 5 minutes to cook evenly. Watch closely to be sure granola does not burn. Remove from oven and let cool completely.
5. Transfer cooled granola to a medium bowl. Stir in dried fruit.

6. Make Granola Bars. Perfect for breakfast or an on-the-go snack!

Ingredients:

2 cups quick oats	¼ cup butter or oil
1 cup corn flakes or bran flakes	1 teaspoon vanilla extract (optional)
¼ cup brown sugar	½ teaspoon cinnamon (optional)
¼ cup honey or maple syrup	½ cup raisins or dried cranberries

Directions:

1. In a pan over medium heat, toast oats. Transfer to a bowl; mix in corn flakes and raisins/cranberries.
2. In a saucepan, mix together butter/oil, brown sugar, and honey/maple syrup. Cook until sugar dissolves and small bubbles start to form. Stir continuously. Remove from stove; add vanilla/cinnamon if using.
3. Immediately pour hot mixture over oats and corn flakes. Mix well. Dump mixture into an 8x8 inch greased pan and press very well (gloves help as mixture will be sticky).
4. Let cool for 1-2 hours. Cut into 10 squares and serve. Store extra in the refrigerator or freeze.

7. Make Overnight Oats. Breakfast is a no-brainer with this easy, no-cook method.

Ingredients:

1 cup oats	Pinch salt
1 cup milk	½ teaspoon cinnamon
½ teaspoon vanilla extract	1 tablespoon honey/maple syrup/brown sugar

Directions:

1. Combine oatmeal, milk, vanilla, salt, cinnamon and honey in a bowl or covered container. Mix well and refrigerate overnight. Mix before serving and get creative with toppings!

FLAVOR IDEAS TO ADD IN

Peach or Pear Pie- top with fresh, frozen or canned peaches or pears in light syrup or 100% juice.

Peanut Butter & Banana- ¼ cup peanut butter & 1 whole mashed banana

Carrot Cake- ¼ cup shredded carrot, 1 tbsp crushed pineapple, 1 tbsp raisins/craisins, 1/3 c yogurt, crushed walnuts

Apple Sauce- ½ cup of applesauce

8. Make Veggie Burgers. Eat them on their own, with a whole grain bun or on top of greens!

Ingredients:

2 (15-oz.) cans beans (any kind), drained & rinsed	½ teaspoon black pepper
1 (15-oz.) can mixed vegetables, drained & rinsed	½ teaspoon cumin (optional)
1 teaspoon onion powder	1 teaspoon chili powder (optional)
1 teaspoon garlic powder	1 cup oats
¼ teaspoon salt	¼ cup flour (whole wheat if you have it)

Directions:

1. Preheat oven to 350°F. Grease a baking sheet.
2. Place beans in a large bowl and mash with a fork. Stir in mixed vegetables. Add onion powder, garlic powder, salt, pepper, cumin (if using) and chili powder (if using). Stir in oats and flour.
3. Form into 8 patties. Flatten patties so that they are ½-inch thick. Place on baking sheet.
4. Bake for 15 minutes, then flip. Bake for another 15 minutes until outsides are crunchy. Refrigerate for up to 5 days and reheat in the microwave. Cooked patties may be frozen and defrosted in microwave.

9. Make Oatmeal Crusted Chicken, Fish or Pork. Bake instead of frying to cut down added fats.

Ingredients:

1 cup oats	1 Tablespoon low-fat or nonfat milk
¼ teaspoon dried Italian seasoning	¾ cup grated Parmesan cheese (optional)
½ teaspoon salt	1 lb. chicken pieces, fish filets or pork chops
¼ teaspoon ground black pepper	Cooking spray
1 egg	

Directions:

1. Preheat oven to 375 °F (chicken/fish) or 350 °F (pork). Set a wire baking rack on top of a baking sheet and spray with cooking spray. If you do not have a wire rack, coat a baking sheet with cooking spray.
2. Grind 1 cup oats in a blender or food processor for about 10-20 seconds to turn them into flour.
3. In a small bowl, beat the egg with milk and set aside.
4. Put the oats, salt, pepper and Parmesan Cheese into a medium sized bowl and mix thoroughly.
5. Dip each chicken piece into the egg mixture and coat it on both sides. Immediately roll the chicken in the oats mixture and coat well on both sides. Place chicken pieces onto baking sheet or wire baking rack.
6. Repeat steps 5 and 6 until all the chicken pieces have been coated and are ready to bake.
7. Turning half-way through, bake until golden brown or until internal temperature reaches 145 °F (fish/pork) or 165 °F (chicken). This should take about 20-25 minutes for boneless chicken and fish or 35-40 minutes for pork and bone-in chicken. If crust begins to brown too much before meat is cooked, cover pan with foil.

10. Make a Fruit Crumble* Try fresh apples, frozen berries* or canned peaches or pears!

Ingredients:

5 cups chopped fruit- fresh, frozen or canned (drained)	¼ teaspoon nutmeg (optional)
¾ cup brown sugar	1 ½ cup oats
½ cup whole wheat flour	4 Tablespoons cold butter, cut into pieces
½ teaspoon ground cinnamon	Non-stick cooking spray

Directions:

1. Preheat oven to 350 °F.
2. In a large bowl, toss together chopped fruit with ¼ cup brown sugar, 1 Tablespoon flour, cinnamon and nutmeg (if using). Mix well. Pour into a greased 9x9-inch baking dish.
3. In a small bowl, mix remaining flour and brown sugar, oats and butter. Mix with hands until crumbly.
4. Sprinkle the oat mixture over the pears. Bake uncovered for 40 minutes or until top is browned or bubbly.

11. Make Peanut Butter Energy Bites. Loved by kids and adults alike!

Ingredients:

1 ¾ cup oats	¾ cup peanut butter
1/3 cup honey or maple syrup	1/2 cup raisins

Directions:

1. In a medium mixing bowl, stir together all the ingredients.
2. If the dough is sticky, refrigerate for 2-3 hours or pop it in the freezer for 30 minutes to firm it up.
3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

