



# HEALTHY WAYS OATS



## Tips!

**Enjoy it for breakfast topped with your favorite fresh, frozen, or canned fruit!**

**Add to smoothies for a boost of fiber in the morning!**

**Use instead isn't just for breakfast, season with savory herb and/or spices and serve with protein and vegetables at lunch or dinner.**

## RECIPES

### Apple Zucchini Muffins

#### Ingredients:

4 tbsp honey or maple syrup	2 tbsp oil
1/2 tsp cinnamon	2 cups oats
4 tbsp sliced or chopped nuts (optional)	Non-stick cooking spray
1/2 cup dried fruit (raisins/cranberries/apricots/dates, etc.)	

#### Directions:

1. Preheat oven to 350F. 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 doesn't burn. Remove from oven and let cool completely.
5. Transfer cooled granola to a medium bowl. Stir in dried fruit.

### Granola Bars

#### Ingredients:

2 cups quick oats	1/4 cup butter or oil
1 cup corn flakes or bran flakes	1 tsp vanilla extract (optional)
1/4 cup brown sugar	1/2 tsp cinnamon (optional)
1/4 cup honey or maple syrup	1/2 cup raisins or dried cranberries

#### Directions:

1. In a pan over medium heat, toast oats. Transfers 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 constantly. Remove from stove; add vanilla/cinnamon if using.
3. Immediately pour hot mixture over oats and corn flakes. Mix well. Dump mixture into a 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.

### Overnight Oats

#### Ingredients:

1 cup oats	Pinch salt
1 cup milk	1/2 tsp cinnamon
1/2 tsp vanilla extract	1 tbsp 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 create with topping!

#### 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**—1/4 cup peanut butter & 1 whole mashed banana

**Carrot Cake**—1/4 cup shredded carrot, 1 tbsp crushed pineapple, 1 tbsp raisins/ craisins, 1/3 cup yogurt, crushed walnuts

**Apples Sauce**—1/2 cup of applesauce

# MAKE IT A MEAL: RECIPES



## Veggie Burgers

### Ingredients:

2 (15oz) cans of beans (any kind), drained & rinsed  
1 (15oz) can mixed vegetables, drained & rinsed  
1 tsp onion powder  
1 tsp garlic powder  
1/4 tsp salt

1/2 tsp black pepper  
1/2 tsp cumin (optional)  
1 tsp chili powder (optional)  
1 cup oats  
1/4 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 mixing vegetables. Add onion powder, garlic powder, salt and 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 1/2 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 the microwave.

## Oatmeal Crusted Chicken, Fish, or Pork

### Ingredients:

1 cup oats  
1/4 tsp dried Italian seasoning  
1/2 tsp salt  
1/4 tsp ground black pepper  
1 egg

1 tbsp low-fat or non-fat milk  
3/4 cup grated Parmesan cheese (optional)  
1 lb. chicken pieces, fish filets or pork chops  
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Cooking Spray

### 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 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 5-6 until all the chicken pieces have been coated and are ready to bake.
7. Turning halfway though, bake until golden brown or until internal temperature reaches 145F (fish/pork) or 165F (chicken). This should take about 20-25 minutes for boneless chicken and dish 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.

## Fruit Crumble\*

### Ingredients:

5 cups chopped fruit-fresh, frozen or canned (drained)  
3/4 cup brown sugar  
1/2 cup whole wheat flour  
1/2 tsp ground cinnamon

1/4 tsp nutmeg (optional)  
1 1/2 cups oats  
4 tbsp cold butter. Cut into pieces  
Non-stick cooking spray

### Directions:

1. Preheat oven to 350F/
2. In a large bowl, toss together chopped fruits with 1/4 cup brown sugar, 1 tbsp 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 oats mixture over pears. Bake uncovered for 40 minutes or until top is browned or bubbly.

## Peanut Butter Energy Bites

### Ingredients:

1 3/4 cup oats  
1/3 cup honey or maple syrup

3/4 cup peanut butter  
1/2 cup raisins

### Directions:

1. In a medium bowl, whisk 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 tbsp sized balls and refrigerate for about an hour before enjoying.