

Getting Creative with Oats

Oats are highly versatile and offer countless possibilities to more nutrition and taste out of what we eat each day. From savory to sweet, hot to cold, oats can provide goodness any time of day. There are variety of ways to use oats and to help inspire you to create your own oat-creation!

Hot

- Oatmeal made with instant, old fashioned, or steel cut oats
- Top with fruits, nuts, chia seeds
- Or, for a savory take on oatmeal, add in:
 - Shredded vegetables like carrots or zucchini
 - Sautéed greens (spinach or kale)
 - Roasted vegetables like mushrooms and bell peppers
 - Sprinkle of feta cheese, pesto or sundried tomatoes
 - Canadian bacon
 - Eggs either poached, hard-boiled, or over-easy
- Oatmeal bake

Cold

- Overnight Oats
- Smoothies
- Smoothie Bowls

Sweet

- Cookies
- Scones

Savory

- Oat Risotto
- Oat Flatbread
- Burgers

Ginger-Berry Oat Smoothie (1 serving)

Ingredients

- ½ cup Quaker® Oats (Quick or Old Fashioned, uncooked)
- 1 tablespoon chia seeds (optional)
- 1 teaspoon chopped fresh ginger
- ½ cup nonfat milk
- 1 cup frozen berries (blueberries, blackberries, strawberries and/or raspberries)
- 2 teaspoons honey
- Ice

Instructions

Place oats, chia seeds and ginger into blender container. Blend until oats are finely ground.

Add milk, berries and honey; blend until berries are pureed and mixture is well combined. If thicker, colder smoothie is desired, add 2 to 3 ice cubes and blend until smooth.



Veggie Burgers (8 servings)

Ingredients

- 3 teaspoons vegetable oil, divided
- 1 cup sliced mushrooms
- 1 cup shredded carrots (about 2)
- ¾ cup chopped onion (about 1 medium)
- ¾ cup chopped zucchini (about 1 small)
- 2 cups Quaker® Oats (Quick or Old Fashioned, uncooked)
- One 15-ounce can kidney beans, rinsed and drained
- 1 cup cooked white or brown rice
- 2 tablespoons soy sauce or ½ teaspoon salt
- 1 teaspoon minced garlic
- 1/8 teaspoon black pepper
- ½ cup chopped fresh cilantro or chives (optional)
- Hamburger buns and toppings (optional)



Instructions

Heat 1 teaspoon oil in large non-stick skillet. Add mushrooms, carrots, onions and zucchini; cook over medium-high heat 5 minutes or until vegetables are tender. Transfer vegetables to food processor bowl. Add oats, beans, rice, soy sauce, garlic, pepper, and cilantro if desired. Pulse for about 20 seconds or until well blended. Divide into eight ½-cup portions. Shape into patties between waxed paper. Refrigerate at least 1 hour or until firm. Heat remaining 2 teaspoons oil in same skillet over medium-high heat. Cook patties 3 to 4 minutes on each side or until golden brown. Serve on buns with toppings, if desired.

No Bake

- Oat Bars
- Energy Bites

Maple Almond Energy Bites (24 servings)

Ingredients

- 2 ¼ cups Quaker® Oats (Quick or Old Fashioned, uncooked)
- 3 tablespoons almond flour or oat flour (see note)
- ¼ cup almond butter
- 3 tablespoons maple syrup
- 2 tablespoons apple juice
- 2 tablespoons water
- 1 tablespoon 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.

