

Oatmeal Goodness

Oatmeal is full of goodness! Did you know that it may reduce the risk of heart disease and help lower cholesterol levels? It is packed with fiber which allows you to feel fuller. It also contains a multitude of vitamins and minerals, and antioxidants. Many people think oatmeal tastes bland, but we have ways to make oatmeal extremely tasty.

Oatmeal Toppings

- ✓ Sliced Banana
- ✓ Blueberries
- ✓ Raisins
- ✓ Apricots
- ✓ Dried cranberries
- ✓ Chopped walnuts
- ✓ Chopped almonds
- ✓ Granola
- ✓ Drizzle with some honey/maple syrup
- ✓ Sprinkle with cinnamon



Ways to Add Protein

- ✓ Cook with milk instead of water
- ✓ Add in peanut, almond, or cashew butter
- ✓ Fried egg
- ✓ Greek yogurt
- ✓ Cottage cheese
- ✓ Flax seeds
- ✓ Chia seeds



Comparing Oats

Steel-Cut	Rolled	Instant
Groats cut into several pieces	Flat, irregularly round and slightly textured	Already precooked, dried, rolled, and thinner than rolled oats
Longest to cook	Cooks faster than steel-cut	Cooks the fastest
Chewy texture	Absorbs more liquid	Less texture
Bring 1 ½ cup of water to a boil with ½ cup of oats. Reduce heat to a low simmer, cover and cook for about 10-20 minutes.	Bring 1 cup of water to a boil and add ½ of oats. Reduce heat to low simmer for 10 minutes or longer.	Put ½ cup of rolled oats and ½ cup of water in a microwaveable bowl. Microwave for 1.5 – 3 minutes.

www.thekitchn.com

They all have the **same** nutritional value!
(You can substitute the water for milk)

Nutritional Value of ½ cup of oatmeal:
150 calories, 5g of protein, 27g of carbs, 2g of fat, 4g of fiber



Overnight Blueberry Muffin Oatmeal

INGREDIENTS

- ½ small banana, mashed
- 2 tbsp blueberries
- ¼ tsp lemon zest
- ½ tsp maple syrup

DIRECTIONS

1. Pour oats and liquid of choice in jar (1:1 ratio, normally ½ cup of oats to ½ cup of liquid)
2. Stir in the above ingredients
3. Leave it overnight and enjoy it in the morning

You can also try **Overnight Almond Butter + Jelly Oatmeal** with these ingredients:

- ½ small banana, mashed
- 1 tbsp almond butter
- 1 tbsp berry jam
- ½ tsp maple syrup



(www.anotherroot.com/overnight-oats-seven-ways/)

Slow-Cooker Peaches and Cream Oatmeal

INGREDIENTS

- 1 cup steel cut oats
- 4 cups milk
- 1 tsp cinnamon
- ½ tsp salt
- 2 peaches, skinned, chopped
- 2 tbsp brown sugar
- 1 tsp vanilla extract
- 1 cup milk (add right before serving)



DIRECTIONS

1. Spray slow cooker with cooking spray
2. Combine oats, milk, cinnamon, salt, peaches in crock pot and cover and cook on low for 3-5 hours
3. Stir in brown sugar and vanilla, drizzle with milk before serving

(www.spicysouthernkitchen.com/crock-pot-peaches-and-cream-oatmeal/)

Clean Eating Apple Pie Oatmeal

INGREDIENTS

- ½ cup steel cut oats
- 2 cups water
- 1 cup chopped apples (approx. 1 small apple)
- ½ tsp ground cinnamon
- ¼ tsp allspice
- Honey to taste after cooking

DIRECTIONS

1. Combine all ingredients and bring to a boil, reduce heat, and simmer until fully cooked



(www.thegraciouspantry.com/clean-eating-apple-pie-oatmeal/#_a5y_p=1298267)