

Oatmeal Recipes

TAKE YOUR OATMEAL TO THE NEXT LEVEL

OVERNIGHT OATMEAL

BASIC FOUNDATION

- 1 Cup Rolled Oats*
- ½ Cup Plain Greek Yogurt (or yogurt of choice)
- 1 Cup Milk of choice (dairy or plant-based)
- 1 Tbsp Sweetener of choice (honey, maple syrup)

STEP IT UP

COCONUT BANANA

Add to Basic Foundation:

- ¼ Cup Bananas, sliced
- 1 Tbsp Pecans or other nuts, chopped
- 1 tsp Shredded Unsweetened Coconut

RASPBERRY VANILLA CHIA PROTEIN

Add to Basic Foundation:

- ¼ Cup Fresh or Freeze-Dried Raspberries (if using fresh, swirl in just before eating)
- 1 tsp Vanilla Protein Powder
- 1 Tbsp Chia Seeds

DIRECTIONS

1. Mix all ingredients until combined. (Except raspberries if making Raspberry recipe.)
2. Cover and refrigerate overnight, or for at least two hours.

*Certified gluten-free oats are available and would make these recipes certified gluten-free.

STEPPED-UP OATMEAL

BOUNTY BAR

- ½ Cup Quick Cook Oats*
- ¼ Cup Chocolate Chips
- ¼ Cup Shredded Coconut

SALTED CARAMEL

- ½ Cup Quick Cook Oats*
- ¼ Cup Salted Caramel chips

RAISINS AND SPICE

- ½ Cup Quick Cook Oats*
- ¼ Cup Raisins
- ¼ tsp Cinnamon

CINNAMON CARAMEL APPLE

- ½ Cup Quick Cook Oats*
- ¼ Cup Dehydrated or Freeze-Dried Apples
- ¼ Tbsp Maple Sugar
- ¼ tsp Cinnamon

S'MORES

- ½ Cup Quick Cook Oats*
- 2 Tsp Chocolate Chips
- 6 Mini Marshmallows
- 1 tsp Graham Cracker Crumbs

DIRECTIONS

1. Add ½ Cup Hot Water.
2. Stir and wait 3 minutes. Enjoy!



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UNIQUE WAYS TO ENJOY THE HEALTH BENEFITS OF OATS

OATMEAL MONSTER COOKIES

DRY MIXTURE:

4½ Cups Quick Oats
2 tsp Baking Soda
4 oz Chocolate Chips
4 oz Colorful Chocolate Candies
Mix and set aside

WET MIXTURE:

½ Cup Butter
1¼ Cups Brown Sugar
1 Cup White Sugar
1½ Cups Peanut Butter
1 tsp Vanilla
Mix and add 3 eggs, beating well after each one.

Add Dry Mixture to Wet Mixture and mix well.

Drop 1½-Tbsp balls of dough on the pan and flatten slightly. Bake at 180 C / 350 F degrees for 7-11 min. Do not overbake. Let set for a few minutes and remove from pan to cool.

Note: They may not seem done when you take them off the pan, but they will set up when cool.

Yields 4 dozen cookies.

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SLOW COOKER OATMEAL

INGREDIENTS

1 Cup Steel Cut Oats*
4 Cups Water
2 Tbsp Brown Sugar
½ Cup Raisins

DIRECTIONS

1. Combine all ingredients in a slow cooker.
2. Cover and set to low for 8 hours. Stir & enjoy!

Note: Experiment with various toppings. Consider using milk of choice in place of some water.

APPLE CRISP

INGREDIENTS

8 Cups Sliced Apples
1 ½ Cups Brown Sugar
1 Cup Flour
1 Cup Rolled Oats
1 ½ tsp Cinnamon
1 ½ tsp Nutmeg
2/3 Cup Butter, softened

DIRECTIONS

1. Spread apples evenly in a 9x13 pan.
2. Mix remaining ingredients well and pour over apples.
3. Bake at 180 C / 350 F for 30 minutes or until apples are tender and topping is golden brown.
4. Serve warm with ice cream.



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