

Oats




Selection - Choose oats that will fit your needed cook time. Types of oats include quick cook, old fashioned and steel cut. Look for plain oats to limit added sugars.

Storage - Store oats in a closed dish (stays fresh for 18-24 months).

Nutrition - Fiber in oats can help reduce the risk of chronic, or long-lasting, diseases such as heart disease, obesity and diabetes.

3 EASY WAYS TO USE OATS

- To make steel cut oats, add 3 cups water with 1 cup low-fat milk in pot and bring to a simmer over medium-high heat. Stir in 1 cup of steel cut oats and turn heat to medium low. Cook for about 20 minutes. Stir oats and cook for 5 more minutes; stir again and cook until liquid is gone.
 - To make overnight (cold) oats, add 1/2 cup quick oats into jar with 1/2 cup of milk, 1/4 cup Greek yogurt and 1/2 cup fruit. Close jar and shake to mix. Store in refrigerator until the next day.
 - To make snack bars, mix old fashioned oats in a bowl with peanut butter, mini chocolate chips (just a few) and a little honey. Nuts or dried fruit can also be added.
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Ingredients

- ☐ 3 cups old fashioned oats
- ☐ 1/3 cup brown sugar
- ☐ 1 1/2 teaspoons baking powder
- ☐ 1 1/2 teaspoons cinnamon
- ☐ 2 eggs, lightly beaten
- ☐ 2 1/2 cups low-fat milk
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons vegetable oil (or 2 tablespoons unsweetened applesauce)
- ☐ 2 cups fresh or frozen berries

Directions

1. Preheat oven to 350 degrees. Spray 2 1/2 quart baking dish with non-stick spray.
2. Mix all dry ingredients (oats, brown sugar, baking powder and cinnamon).
3. Put half of the dry ingredients into the baking dish. Sprinkle with half of the berries. Add the rest of the dry ingredients.
4. Mix eggs, milk, vanilla and oil and pour over the dry mix in baking dish. Add the rest of the berries on top. Gently move baking dish back and forth to get wet ingredients down into the oat mixture.
5. Bake uncovered for about 45 minutes. Most of the liquid should be gone.

