

# 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

- ☐ 1 cup rolled oats
- ☐ 1 1/2 cups milk
- ☐ Pinch of salt
- ☐ 1/2 cup canned pumpkin
- ☐ 1/2 teaspoon cinnamon
- ☐ 1/8 teaspoon pumpkin pie spice
- ☐ 1/4 cup chopped walnuts
- ☐ Optional toppings: applesauce, chopped apples, dried cranberries, Greek yogurt

## Directions

1. Combine oats, salt, and milk in a large microwave-safe bowl. (Choose a bowl large enough to prevent the oats from cooking up over the sides). Microwave for 2 minutes or until cooked.
2. Stir in pumpkin and spices (skip pumpkin pie spice if you do not have it). If needed, microwave for 4 more minutes, or until hot.
3. Add chopped walnuts and any other toppings, such as chopped apples, dried cranberries, applesauce or Greek yogurt.

