

A close-up photograph of a glass filled with a thick, pinkish-red smoothie. The smoothie is topped with a fresh strawberry and some green leaves. The background is a soft, out-of-focus light blue.

30 Different Ways to Eat Oats

Benter Adede

2020

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Dedication

To Everyone Struggling With Oats & Can't Give Up
Yet!

Acknowledgements

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Introduction

We often time hear of oats. But really, what are they?

Also known as oatmeal or rolled oats, oats is a species of cereal grain grown for its seed, which is known by the same name. They are a gluten-free whole grain and a great source of important minerals, vitamins, antioxidants and fiber.

The vitamins and minerals found in oats include, zinc, iron, phosphorus, selenium, manganese, copper, B vitamins and magnesium.

Different types of oats

There are two main types of oats: Rolled oats and Steel-cut. Both types begin as whole oats (groats), from which the outer layer (the hull) is stripped, leaving the fiber-rich bran, the endosperm, and the germ, which is home to antioxidants, minerals, vitamins and healthy oils. From there, the oats are either rolled or steel-cut. Whichever you settle on, their impressive nutritional impact is essentially the same.

Oats nutritional value

The nutrition facts for 3.5 ounces (100 grams) of raw oats are:

- Calories: 389
- Water: 8%
- Protein: 16.9 grams
- Carbs: 66.3 grams
- Sugar: 0 grams
- Fiber: 10.6 grams
- Fat: 6.9 grams

About 11% of the carbs is fiber and they are very low on sugar. They only have about 1% coming from sucrose.

For the purposes of the recipes
1 cup is equivalent to 250 ml.

Recipes

Oat porridge

1. **Traditional Oat Porridge**



This is the original way of eating oats. It was made into porridge.

INGREDIENTS

- ❖ ½ cup quick cooking oats or rolled oats
- ❖ 2 cups water + ½ cup milk or 2½ cups water or 2½ cups milk
- ❖ Optional: 2 tablespoon sugar or sweetener as desired

DIRECTIONS

1. Take the oats in a pan.
2. Add 2 cups water and ½ cup milk. Adjust according to your preferred consistency.
3. ½ cup milk gives a slightly thick consistency. For a thinner consistency, you can add more milk or water.
4. Add sugar. Sugar is completely optional and can be swapped out with fruits. If using fruits, add them later.
5. If adding honey, then add when the porridge becomes lukewarm or cools down at room temperature, as honey

becomes toxic when heated.

6. Stir very well and heat the porridge mixture on a low to medium flame.
7. Do stir often and allow the porridge to simmer.
8. It will also thicken as it cooks. Cook for 5 to 6 minutes.
9. Serve oats porridge hot or warm or at room temperature.
10. If serving oats porridge at room temperature, it will thicken more as it cools. If adding chopped fruits, then add it when the porridge becomes lukewarm or cooled down completely. You can also add chopped dry fruits of your choice.

2. Scottish Oatmeal Porridge



Scottish oats have the groats ground into a meal, which makes a porridge-type oat with a nice, creamy texture.

INGREDIENTS

- ❖ 1 cup Scottish pinhead oats (or rolled oats)
- ❖ 1 ¼ cup milk (or water or a mixture of both)
- ❖ Optional: pinch salt
- ❖ Optional: maple syrup, brown sugar, golden syrup, marmalade or jam

DIRECTIONS

1. First decide whether you want your porridge made with all water, with all milk, or a mixture of the two. If in doubt, if you

like a creamy porridge, all milk works best.

2. Place the oats in a heavy saucepan and add the milk or water.
3. Gently bring the oats to a slow boil, stirring all the time until the porridge begins to thicken.
4. Once thickening has begun, lower the heat so as not to burn the porridge. Allow the porridge to simmer for approximately 7 minutes (or less if the porridge is thick enough and heated all the way through).
5. Remove from the heat and let stand for 1 minute. This allows the porridge to cool slightly—eating it right off the fire can sometimes burn the mouth.
6. Serve the porridge in warmed bowls with either maple syrup, brown sugar, golden syrup, marmalade or a teaspoon of jam, if desired.

3. Caribbean Oat Porridge



When you hear Caribbean, you already know it's a fusion and possibly spicy! Well, it's no different for this porridge; it is flavourful.

INGREDIENTS

- ❖ 1 cup rolled oats
- ❖ 3 cups water
- ❖ ¼ cup whole milk
- ❖ 1 cinnamon stick
- ❖ ¼ cup raisins (rinsed)
- ❖ ½ teaspoon nutmeg (freshly grated)
- ❖ 2 tablespoon sugar
- ❖ Optional: extra whole milk and sugar

DIRECTIONS

1. Soak the oats in 1 cup of water for 4 minutes.
2. While the oats are soaking, bring the remaining 2 cups of water and the cinnamon stick to a boil in medium heat.
3. When the water boils, add the soaked oats along with any residual soaking liquid.
4. Stir in the rinsed raisins and reduce to low heat.
5. Cover the pot and cook for 5 to 6 minutes or until the mixture becomes very thick.
6. Remove from the heat and discard the cinnamon stick. Stir in the freshly grated nutmeg, sugar, and whole milk. Depending on your preference, you can add more milk and/or sugar.

Smoothies

4. **Coconut Milk Oats Smoothie**



Start your morning off with this thick and creamy coconut milk Oat Breakfast Smoothie that is healthy, delicious and super quick to make!

INGREDIENTS

- ❖ ¼ cup old-fashioned rolled oats
- ❖ 1 banana
- ❖ ½ cup coconut milk
- ❖ ½ cup freshly squeezed orange juice
- ❖ ¼ cup ice
- ❖ 1 tablespoon honey

DIRECTIONS

1. In a blender, combine banana, oats, coconut milk, honey, orange juice, and ice.
2. Puree until smooth.
3. Transfer to your favourite glass and drink immediately.

5. **Milk Oats Smoothie**



This three ingredient smoothie is easy to make and very delicious. It takes less than 5 minutes and is very healthy.

INGREDIENTS

- ❖ ½ cup rolled oats
- ❖ 1 frozen chopped banana
- ❖ 1 cup milk of choice

DIRECTIONS

1. Add rolled oats to a blender and blend until the oats are the size of a fine crumb.
2. Add the banana and milk and blend well.
3. Pour in a glass and enjoy

6. Plain Yoghurt Oats Smoothie



This is perfect for anyone who wants to enjoy a nice cold smoothie that is free of artificial sugars.

INGREDIENTS

- ❖ ½ cup rolled oats
- ❖ 1 frozen banana
- ❖ 1 cup plain yoghurt
- ❖ ½ teaspoon ground cinnamon
- ❖ ¼ cup pitted dates
- ❖ Optional: 1tablespoon spoon honey to taste (adjust to desired taste)

DIRECTIONS

1. Add the yoghurt first in the blender
2. Add all other ingredients in the blender and blend until it all mixed well into a thick creamy smoothie.
3. Pour in a glass and enjoy.

7. **Groundnut Oats Smoothie**



This filling and protein packed smoothie is great for anyone who is working out.

INGREDIENTS

- ❖ 1 cup oats (old fashioned)
- ❖ ¼ cup roasted groundnuts
- ❖ 2 bananas
- ❖ 1 cup skimmed milk
- ❖ 1 cup non-fat vanilla Greek yogurt
- ❖ ¼ cup ice cubes

DIRECTIONS

1. Add all ingredients in the blender and blend until creamy and smooth. (You can have it crunchy and have some chewy peanuts in the smoothie if you like)
2. Pour in a glass and enjoy

8. **No Milk Oats Smoothie**



Such an easy flavourful refreshing smoothie! It is filled with nutritious fruit and a great start to your day. Perfect for vegetarians and anyone avoiding dairy products.

INGREDIENTS

- ❖ ½ cup oats
- ❖ 1 well ripened and frozen banana
- ❖ 1 ½ cup frozen (peeled mango chunks, partially thawed)
- ❖ 1 ½ cups frozen strawberries
- ❖ 1 cup fresh peach slices (2 medium peaches, pitted)
- ❖ 2 cups chilled pineapple juice

DIRECTIONS

1. Add the pineapple juice in the blender
2. Add all other ingredients in the blender and blend until well blended.
3. Pour in a glass, sit back and enjoy

9. **Vegan Strawberry Oatmeal Breakfast Smoothie**



This fast and filling vegan smoothie has a deep pink colour with a rich, creamy texture.

INGREDIENTS

- ❖ ½ cup rolled oats
- ❖ 1 cup almond milk
- ❖ ¼ cup frozen strawberries
- ❖ 1 banana, broken into chunks
- ❖ Optional: 1½ teaspoons agave nectar

DIRECTIONS

1. Blend almond milk, oats, banana, strawberries, and agave nectar in a blender until smooth
2. Pour in a cocktail glass and enjoy

10.

Carrot Oats Smoothie



Carrot and ginger is an immune booster. A great way to start the day!

INGREDIENTS

- ❖ 6 tablespoon oats
- ❖ 2 medium carrots
- ❖ 1 frozen banana
- ❖ 1 cup water
- ❖ 2 ½ inch fresh ginger
- ❖ Optional: 2 tablespoon honey

DIRECTIONS

1. Peel and grate the carrots.
2. Roast the oats on medium flame, for around 5 minutes. Take care not to burn. Allow to cool.
3. Blend the carrots with the water, oats, ginger and honey till smooth.
4. Serve in tall glasses and relish!

11.

Smoothie

Blueberry coconut milk Oats



This delicious breakfast drink is packed with antioxidants, protein, fibre, minerals and there is no better way to start your day!

INGREDIENTS

- ❖ ½ cup rolled oats
- ❖ 1 cup coconut milk
- ❖ ½ cup Greek yogurt
- ❖ 1 cup frozen blueberries
- ❖ 2 tablespoon chia seeds
- ❖ 2 tablespoon organic honey
- ❖ optional: 1 tablespoon desiccated coconut

DIRECTIONS

1. Throw the oats in a blender and pulse until you get nice flour like texture. Add the rest of the ingredients in and pulse smooth.
2. Pour in a glass and enjoy right away!

12.

Carrot Cake Oatmeal Smoothie



A healthy carrot and cream cashew milk smoothie that tastes just like a sweet slice of carrot cake with cream cheese frosting! It's like Christmas in your mouth! Made with pineapple, banana, and with beautiful fall spices of ginger and cinnamon.

INGREDIENTS

- ❖ 2 tablespoon old fashioned oats
- ❖ 1 cup chopped carrots (steamed and cooled if you do not have a high-power blender or to make extra smooth for kids)
- ❖ ½ cup plain Greek yogurt
- ❖ ½ cup unsweetened vanilla cashew milk (unsweetened vanilla almond milk, or milk of your choice)
- ❖ ½ cup frozen sliced banana
- ❖ ¼ cup frozen diced pineapple
- ❖ 2 tablespoon toasted walnuts
- ❖ ¼ teaspoon cinnamon
- ❖ pinch of nutmeg
- ❖ Optional: 1 tablespoon flaked coconut
- ❖ For topping: shredded carrots, coconut, crushed walnuts

DIRECTIONS

1. Add all of the ingredients to your blender: carrots, banana, Greek yogurt, cashew milk, oats, pineapple, walnuts, coconut (if using), cinnamon, and nutmeg.
2. Blend until smooth.
3. Enjoy immediately, topped with additional shredded carrots, coconut, and/or crushed walnuts as desired.

13. **Spinach, Banana, Lemon and Oatmeal Smoothie**



This green smoothie is just what you need to refuel after a workout. Really refreshing

INGREDIENTS

- ❖ ¼ cup oatmeal
- ❖ 1 large ripe banana
- ❖ 1 lemon
- ❖ 1 cup frozen chopped pineapple
- ❖ 2 cups spinach
- ❖ ¾ cup water

DIRECTIONS

1. Wash the spinach, peel the banana, zest the lemon and prepare the rest of the ingredients.
2. Add all the ingredients to a high-speed blender and mix until smooth.
3. Pour into cocktail glass and enjoy.

Overnight Oats

14.

Lemon Meringue Pie Overnight Oats



If you dislike the hideous amount of butter used to make lemon curd and can't be bothered with the whole meringue part, or don't eat eggs, I have two ideas for you:

- ✓ Add a dollop of yogurt and call it a day
- ✓ Add some blueberries, and have a very nice Lemon and Blueberry Overnight Oatmeal

INGREDIENTS

- ❖ 1 very overripe banana
- ❖ ½ cup rolled oats
- ❖ ½ cup vanilla yogurt
- ❖ ¼ cup milk
- ❖ 1 egg white
- ❖ 1 tablespoon lemon juice
- ❖ ½ teaspoon lemon zest
- ❖ ½ teaspoon vanilla extract
- ❖ Pinch of corn starch (corn flour)
- ❖ 1 ½ teaspoons superfine (castor) sugar or more

DIRECTIONS

1. In a bowl, glass or jar, mash the banana.
2. Add the rolled oats, corn starch, milk, lemon zest, lemon juice, yogurt and vanilla extract.
3. Cover with plastic wrap and leave in the fridge overnight.
4. In the morning, use electric beaters to beat the egg white into stiff peaks. At first, beat the egg white by itself until it forms soft peaks, then gradually add the sugar (while beating) and beat into stiff peaks. Taste for sweetness, adding more sugar if necessary.
5. Pour the overnight oatmeal into a ramekin and top with the meringue.
6. Use a blowtorch to carefully brown the meringue into little patches of brown. Alternatively, place the oatmeal under the broiler for a couple of minutes.
7. If desired, re-chill in the fridge for about 10 minutes. Enjoy!

15.

Lemon Cheesecake Overnight Oats



This lemon cheesecake overnight oats is tart, sweet, creamy, and all at the same time full of goodness and to top it all, is healthy!

INGREDIENTS

- ❖ 2 cups rolled oats
- ❖ 3 tablespoon honey
- ❖ ½ lemon zest
- ❖ 1 cup skimmed milk (you can also use almond, oat, soy, coconut milk)
- ❖ ¼ cup lightest Philadelphia cream cheese
- ❖ 1 digestive biscuit/graham cracker, crushed

DIRECTIONS

1. Add the oats, lemon zest and honey into a medium bowl and stir briefly to combine them.
2. Add in the cream cheese and milk and mix until well combined, ensuring the cream cheese has mixed in properly so that you don't end up with lumps in your oats!
3. Cover bowl with cling film and put in the fridge overnight.
4. Before serving, crumble the ½ digestive biscuit/graham crackers over the top of your oats to give it the nice crunchy delightful taste.
5. Oats are great right out of the fridge, or you can warm them in the microwave if you prefer them warm.
6. They'll keep in an airtight container, in the fridge for 2 days. Enjoy!

16.

Oats

Strawberries and Cream Overnight



Fruity, creamy and utterly delicious, these Strawberries and Cream Overnight Oats are an easy breakfast, snack or dessert.

INGREDIENTS

- ❖ 2 cups old-fashioned oats
- ❖ 2 cups sweet cream creamer
- ❖ ½ cup diced strawberries
- ❖ ½ cup Greek yogurt
- ❖ ½ teaspoon cinnamon
- ❖ Optional: whipped cream

DIRECTIONS

1. In food processor or blender add your sweet cream creamer, Greek yogurt and strawberries.
2. Blend until smooth.
3. In medium bowl add your old-fashioned oats and cinnamon then pour your creamer mixture over and stir to combine.
4. Cover with a cling film and refrigerate overnight.
5. Serve in bowl or in little cups layered with whipped cream and strawberries if desired.
6. Keep refrigerated

Pastries

17.

No Bake Oat cookies



If you are looking for Gluten-Free or Dairy-Free delightfully chewy cookies then these no bake cookies bursting with raisins and cinnamon flavour are for you!

INGREDIENTS

- ❖ 1 ½ cups gluten free rolled oats
- ❖ ½ cup pure maple syrup
- ❖ 1 cup natural, unsalted creamy almond butter
- ❖ ½ cup raisins, packed
- ❖ Optional: 1 teaspoon ground cinnamon

DIRECTIONS

1. Line a baking sheet with wax paper or parchment paper then set aside.
2. In a medium saucepan over medium-low heat, add almond butter and maple syrup. Whisk until well incorporated. Stir occasionally, heating until this mixture begins to bubble. Remove from heat and carefully pour over the dry mixture.
3. Add oats, raisins, and cinnamon to the almond butter mixture. Stir and fold until thoroughly combined.
4. Using a 2-tablespoon cookie scoop, scoop and drop balls of cookie dough onto the prepared baking sheet, evenly spaced apart. Using a fork, flatten cookies to desired thickness.
5. Chill in the fridge for 15-25 minutes, until firm. Enjoy!

18.

Oatmeal bread



This oatmeal bread is made using just $\frac{1}{2}$ cup of whole wheat flour to allow it to rise in the normal way while preserving the nuttiness and golden colour. This bread can be taken for breakfast or with soup and you can spread butter, marmalade, or toast it.

INGREDIENTS

- ❖ 1 cups oatmeal
- ❖ $\frac{1}{2}$ cup whole wheat flour
- ❖ $1\frac{1}{2}$ cup bread flour or all-purpose wheat flour
- ❖ 1 cup boiling water
- ❖ $\frac{1}{4}$ cup warm water
- ❖ 2 teaspoon yeast
- ❖ 1 tablespoon honey
- ❖ 1 tablespoon oil
- ❖ 1 teaspoon salt
- ❖ 1 pinch sugar

DIRECTIONS

1. Mix oats and whole wheat flour in a bowl.
2. Add salt to the boiling water and stir to ensure it is completely dissolved.

3. Make a hole in the middle then pour in the boiling water and stir from the centre outwards until it's all mixed well.
4. Stir in the honey, oil and let it cool to lukewarm temperature for about ½ hour.
5. In a cup, mix the warm water with the yeast and a pinch of sugar, stirring to dissolve yeast. Place in a warm spot for about 10 minutes until foam forms on the top of the mixture.
6. Add the yeast to the oat mixture and mix well.
7. Start adding the white flour little by little until firm dough forms.
8. Turn out on a lightly floured board and knead for 5 minutes, until dough is elastic and smooth.
9. Form dough into a ball and place in a clean, oiled bowl, turning once to coat it in the oil.
10. Cover the bowl with plastic wrap or cling film and place in a warm spot (about 70 to 85 °F) for 1 hour until the dough is doubled in bulk.
11. Shape the bread. You may either form this bread into a sandwich loaf or make a free-form, German-style loaf, whatever your heart desires. Place loaf on parchment paper or oiled cookie sheet.
12. Spray the top of the loaf with water and sprinkle oatmeal and/or other desired topping on the bread.
13. Cover with a towel and let rise until almost double.
14. Meanwhile, heat your oven to 450 °F for ½ hour if using a loaf pan or 1 hour if using a baking stone.
15. Slash the top of the loaf about three times horizontally with a sharp knife.
16. Place the loaf pan in the oven and turn down to 400 °F. Bake for 40 minutes, or until the internal temperature reaches 190 °F. (If you are baking a free-form loaf, place it on the cornmeal-strewn stone directly using the parchment paper or a baker's peel or, if you do not have a baker's peel, place the cookie sheet with the dough directly on the stone.)
17. Let the bread cool for about an hour or so before serving.
18. Slice and enjoy!

19.

Banana Oatmeal biscuit



These healthy banana oatmeal biscuits not only lower your cholesterol levels which in turn helps you avoid developing diabetes or heart disease, but they also energise you with good carbs and nutrients to keep you going for longer during the day.

INGREDIENTS

- ❖ 3 very ripe bananas mashed
- ❖ 2 cups rolled oats
- ❖ ½ cup apple sauce
- ❖ ½ cup almond milk
- ❖ 1 teaspoon vanilla
- ❖ 1 teaspoon cinnamon
- ❖ Optional: ½ cup raisins

DIRECTIONS

1. Preheat oven to 350 °F.
2. In a medium mixing bowl cream together the apple sauce and almond milk until soft. Add the vanilla, cinnamon and raisins until well combined. Set aside.

3. In another bowl, mix together the bananas and oats until well combined.
4. Pour the dry ingredients into the wet ingredients and mix until combined and moist. Spoon onto a prepared baking tray, making sure each one is about 3cm apart.
5. Bake for 15 minutes, or until golden.
6. Remove from oven immediately, as over cooking will make them too hard.

20. **Peanut butter oat bar with Chocolate
topping**



beamingbaker.com

These are gluten free no bake bars packed with energy suitable for vegetarians. Moreover, they are easy to make and taste like peanut butter cups.

INGREDIENTS

Peanut Butter Oat Bars

- ❖ 1 ¼ cups gluten free rolled oats
- ❖ 1 cup unsalted, natural creamy peanut butter
- ❖ ¼ cup + 2 tablespoons pure maple syrup

Chocolate Topping

- ❖ 1 cup vegan chocolate chips
- ❖ ½ cup unsalted, natural creamy peanut butter (or homemade peanut butter)

DIRECTIONS

1. Line an 8-inch square baking pan with parchment paper or wax paper. Set aside.
2. Make the Peanut Butter Oat Bars:
 1. In a medium saucepan (large enough to add oats later), add peanut butter and maple syrup.
 2. Whisk together until well-mixed. Heat in on a stovetop until warm, fragrant and thickened. Whisk periodically while heating.
 3. Add oats. Stir and fold until thoroughly combined.
 4. Pour this mixture into the prepared baking pan.
 5. Using a rubber spatula, smooth into an even, tightly-packed layer. Set aside.
3. Make the Vegan Chocolate Topping:
 1. Use the double boiler method or do the following. In a medium, microwave-safe bowl, add Chocolate Topping ingredients.
 2. Heat in 20-second increments until softened and melted. Stir until smooth.
4. Pour this chocolate mixture over the bars. Using a clean rubber spatula, smooth into an even layer.

5. Freeze for 30-40 minutes, or until firm. Remove from freezer and slice into 16 bars. Enjoy!

21.

Banana Oatmeal pancakes



Banana Oatmeal Pancakes are a tasty option that are soft and tender. The lightning-fast pancake batter is made entirely in

the blender. The wholesome ingredient list makes these pancakes fit for busy weekday mornings as well as lazy weekends. They are great for school going children.

INGREDIENTS

- ❖ 1 ½ cups rolled oats or quick oats (stay away from steel-cut oats for this recipe)
- ❖ 1 cup unsweetened almond milk (or other milk) – more for thinning out
- ❖ 1 egg
- ❖ 2 large ripe bananas
- ❖ 2 teaspoon baking powder
- ❖ ½ teaspoon cinnamon
- ❖ 1 tablespoon maple syrup
- ❖ 1 teaspoon vanilla
- ❖ pinch of sea salt
- ❖ coconut oil, for cooking
- ❖ Optional: chocolate chips, mixed berries, nuts

DIRECTIONS

1. Add all ingredients (except coconut oil and optional ingredients) to a blender and blend until smooth as if you were making a smoothie.
2. If using the optional ingredients, stir in now. Mixture may have thickened in blender so stir in more milk 1 tablespoon at a time to thin out, if needed.
3. Add coconut oil to a pan or skillet over medium heat.
4. Pour in about a ½ a cup of batter per pancake and cook until all bubbles have popped (about 2-3 minutes) (You can be creative with the shapes)
5. Flip over and cook for one more minute.
6. Repeat until all pancakes have been cooked.
7. Top with more banana, maple syrup, nuts or desired toppings and serve immediately.

22.

Oatmeal waffles



So you've heard that however much waffles may be delicious they are not good for you because they are made with ingredients that nutritionists urge us to limit, such as white flour, butter, and lots of sugar. Well, I got good news for you; you can have your waffles the healthy way, let's limit the white flour and replace most of it with oats. Tantalizing!

INGREDIENTS

- ❖ 1½ cups quick-cooking oatmeal
- ❖ ½ cup all-purpose flour
- ❖ 1½ cups milk
- ❖ 2 eggs lightly beaten
- ❖ 3 teaspoon baking powder
- ❖ 1 teaspoon ground cinnamon

- ❖ 4 tablespoon butter melted
- ❖ ¼ teaspoon salt
- ❖ 1 tablespoon dark brown sugar (can omit, but I wouldn't!)

To serve (optional):

- ❖ Whipped cream
- ❖ Sliced fruit

DIRECTIONS

1. In a bowl, combine the dry ingredients: flour, oatmeal, baking powder, cinnamon and salt.
2. In another bowl, whisk eggs, milk, butter and brown sugar.
3. Add the wet to dry, and mix until just combined. The mixture will be thick!
4. Pour batter into a lightly greased waffle iron and cook until desired colour is reached.
5. Serve with whipped cream and desired fruit

To freeze:

1. After they're cooked and completely cooled, layer waffles on top of each other separated by parchment, wrap tightly in plastic wrap and store in freezer zip lock bag.
2. Don't thaw - just put in the toaster and cook until hot.

23.

Muffins

Oatmeal Chocolate Chip Cookie



These Oatmeal Chocolate Chip Cookie Muffins are the best of both worlds with the delicious taste of a chocolate chip cookie and the soft and tender texture of a muffin!

INGREDIENTS

- ❖ 2 cups rolled oats (old fashioned oats)
- ❖ 2 cups whole wheat pastry flour
- ❖ 1 ¼ cup chocolate chips
- ❖ ⅓ cup unsweetened almond milk
- ❖ 2 eggs
- ❖ ½ cup extra virgin olive oil
- ❖ ½ cup coconut oil, melted
- ❖ ⅓ cup unsweetened applesauce
- ❖ 1 tablespoon vanilla extract
- ❖ ¼ teaspoon ground nutmeg
- ❖ 2 teaspoon baking powder
- ❖ ½ teaspoon baking soda
- ❖ ½ teaspoon salt
- ❖ 1 cup brown sugar

DIRECTIONS

1. Whisk the olive oil, melted coconut oil, brown sugar, vanilla extract, almond milk, and applesauce together
2. Add eggs and continue whisking to combine
3. In a separate bowl, whisk nutmeg, salt, flour, baking powder, and baking soda
4. Add the dry mixture to the wet, and use a rubber spatula to mix until just combined
5. Fold in oats and chocolate chips
6. Line 2 muffin tins with parchment paper liners (these help the muffins not stick)
7. Fill muffin liners ¾ of the way full with batter
8. Bake at 350 °F for 22 minutes, or until cooked through
9. Cool and serve with your favourite beverage

24.

Chocolate Oatmeal Molasses Pie



This is the perfect spicy and warming winter pie. Not only is it gluten free but also delicious. It is made of spicy bittersweet molasses with a chewy oatmeal cookie texture, all on top of a chocolate ganache-lined pie crust.

INGREDIENTS

- ❖ 1¼ cup rolled oats
- ❖ 1 unbaked No Fail Pie Crust (use this for gluten free)
- ❖ 3 eggs, room temperature
- ❖ ¼ cup heavy cream
- ❖ ½ cup dark chocolate, chopped
- ❖ 1 cup unsulphured molasses
- ❖ 3 tablespoons butter, melted
- ❖ 1 teaspoon vanilla extract
- ❖ ½ teaspoon cinnamon
- ❖ ¼ teaspoon salt
- ❖ ¼ cup miniature chocolate chips

DIRECTIONS

1. Preheat the oven to 400 °F.
2. Fit pie crust into a 9-inch pie plate and crimp the edges.
3. Place the pie plate in the freezer for 15 minutes to allow the dough to firm up.
4. Prick the bottom of the crust several times with a fork and cover the pie dough with aluminium foil, tucking up and over the edges of the crust.
5. Fill the centre with pie weights and blind bake the crust for 20 minutes.
6. Allow the crust to cool to room temperature.
7. Reduce the oven temperature to 350 °F.
8. To make the black bottom chocolate ganache layer, heat the heavy cream in a small saucepan over medium heat. Add the chopped dark chocolate and whisk until chocolate is melted and smooth.

9. Pour the chocolate into the bottom of the crust and use a pastry brush to brush the chocolate up the sides of the pie.
10. Place the crust in the freezer to solidify the chocolate.
11. In a large mixing bowl, whisk together the molasses, eggs, melted butter, vanilla extract, cinnamon, and salt.
12. Once well combined, stir in the miniature chocolate chips and rolled oats.
13. Remove the pie from the freezer and transfer the oatmeal molasses mixture into the crust.
14. Bake the pie 40 to 45 minutes, until the filling is just set and slightly wobbly in the centre.
15. Allow the pie to cool to room temperature before serving.

Oat Desserts

25.

Peanut butter oat bites



These bites are not only delicious but the oats are also good for digestion!

INGREDIENTS

- ❖ 2 ½ cups old fashioned rolled or quick oats
- ❖ ⅔ cups creamy natural peanut butter
- ❖ ¼ cup finely chopped lightly salted dry-roasted peanuts
- ❖ ¼ cup confectioners' sugar
- ❖ ¼ cup raisins
- ❖ ¼ cup mini chocolate chips
- ❖ 2 tablespoons unsalted butter
- ❖ 3 tablespoons honey
- ❖ 1 teaspoon vanilla extract

DIRECTIONS

1. Melt butter in a medium saucepan over medium heat.
2. Remove pan from heat and stir in peanut butter, confectioners' sugar, honey and vanilla.
3. Stir in oats and allow mixture to cool for 30 minutes.
4. Stir in raisins and chocolate chips.
5. Form mixture into 1-inch balls, and then roll each ball in chopped peanuts, pressing to coat.
6. Store in refrigerator.

26.

Oatmeal cake



If you are a cake and dessert lover but worried about your diet, this healthy oatmeal cake with dried fruits may just be the solution for you. This easy to make healthier cake recipe is without processed sugar, butter or tons of fat and is gluten free.

INGREDIENTS

- ❖ 2¼ cups rolled oats
- ❖ 1¼ cups quick oats
- ❖ ½ cup honey/maple syrup
- ❖ 1 ⅓ cups milk
- ❖ 2 eggs
- ❖ 1½ teaspoons vanilla extract
- ❖ 3 tablespoons coconut oil
- ❖ 1 teaspoon baking powder
- ❖ ¼ teaspoon salt
- ❖ 1 teaspoon cinnamon

- ❖ 4 tablespoons dried cranberries
- ❖ 4 tablespoons raisins
- ❖ 4 tablespoons dried apricots
- ❖ Butter for greasing

DIRECTIONS

1. Preheat the oven to 360 °F.
2. Ensure that all ingredients are in room temperature
3. In a large bowl mix all the dry ingredients and set aside.
4. In separate bowl, whisk all the wet ingredients until they are blended together.
5. Pour the wet mixture over the dry ingredients and mix until well combined. Let it sit for 20 minutes to absorb the liquids.
6. Prepare an 8 inch baking pan. Line it with parchment paper and grease the edges with butter.
7. Pour the batter into the pan and bake for 40 minutes or until golden brown.
8. Let cool on a wire rack for 10 minutes, then release from the pan and let cool completely.

27.

Double apple oatmeal crumble



This meatless, low sodium, low cholesterol apple dessert recipe gets double apple flavour from crisp Braeburn apples plus apple butter and features a buttery topping of oats and cinnamon. It doesn't get better than this.

INGREDIENTS

- ❖ ¼ cup regular oats
- ❖ ¼ cup all-purpose flour
- ❖ 5 cups sliced peeled apples, such as Braeburn
- ❖ ¼ cup packed light brown sugar
- ❖ 3 tablespoons chilled butter
- ❖ 3 tablespoons apple butter
- ❖ 1 teaspoon ground cinnamon
- ❖ ⅛ teaspoon salt
- ❖ ⅓ cups chopped pecans
- ❖ Cooking spray

DIRECTIONS

1. Preheat oven to 375 °F.
2. Combine apples and apple butter; arrange in 8-inch square baking dish coated with cooking spray, pressing down lightly to compact.
3. Combine flour, oats, sugar, cinnamon, and salt in a medium bowl; cut in butter using a pastry blender or 2 knives until mixture resembles coarse meal.
4. Stir in pecans.
5. Sprinkle mixture over apples.
6. Bake for 45 minutes or until bubbly and golden brown.

28.

Banana oatmeal chocolate chip cookies



If you have any bananas that are too brown to eat, then these Banana Oatmeal Chocolate Chip Cookies are the perfect way to use them up. The more brown the banana, the sweeter the cookie! Since the cookie dough doesn't need to be chilled, it makes these even easier to whip up on the fly!

INGREDIENTS

- ❖ 1¼ cups all-purpose flour
- ❖ ¾ cup + 2 tablespoon quick oats
- ❖ ½ cup chopped pecans or walnuts
- ❖ ¾ cup semi-sweet chocolate chips
- ❖ 1 large mashed ripe banana
- ❖ 1 egg
- ❖ ¼ cup unsalted butter, softened

- ❖ ½ cup packed light-brown sugar
- ❖ ¼ cup granulated sugar
- ❖ ½ teaspoon lemon juice
- ❖ ¼ teaspoon ground cinnamon
- ❖ ½ teaspoon baking soda
- ❖ ¼ teaspoon vanilla extract
- ❖ ¼ teaspoon (heaping) salt

DIRECTIONS

1. Preheat oven to 350 °F.
2. In a mixing bowl, whisk together flour, oats, baking soda, salt and cinnamon for 20 seconds, set aside.
3. Mash bananas together with lemon juice.
4. In the bowl of an electric stand mixer fitted with the paddle attachment, blend together banana, butter, brown sugar and granulated sugar until smooth.
5. Mix in egg and vanilla extract.
6. With mixer on low speed, slowly add in dry ingredients and mix until combined.
7. Fold in nuts and chocolate chips (you can set aside some of the chocolate chips to press into the tops before baking if you want them to show through).
8. Scoop dough out using a medium cookie scoop (1½ inches. Fill slightly heaping) and drop onto baking sheets, spacing cookies 2-inches apart.
9. Bake in preheated oven 11 - 12 minutes (they should still be slightly soft).
10. Cool on baking sheet several minutes then transfer to a wire rack to cool completely.
11. Store in an airtight container.

29.

Oatmeal brownies



Two for one! These rich brownies bake between layers of old-fashioned crunchy oats. Two classic dessert tastes, luscious brownies and brown sugared oats, layered into one rich, delicious treat.

INGREDIENTS

Base and Topping

- ❖ 2 ½ cups quick-cooking or regular oats
- ❖ ¾ cups all-purpose flour
- ❖ ¾ cups packed brown sugar
- ❖ ¾ cup butter or margarine, melted
- ❖ ½ teaspoon baking soda

Filling

- ❖ 1¼ cups all-purpose flour
- ❖ 4 eggs

- ❖ 2 cups granulated sugar
- ❖ ¼ cup unsweetened baking chocolate
- ❖ ⅔ cups butter or margarine
- ❖ 1 teaspoon baking powder
- ❖ 1 teaspoon vanilla
- ❖ 1 teaspoon salt

DIRECTIONS

1. Preheat oven to 350 °F. Spray 13x9-inch pan with cooking spray.
2. In large bowl, mix oats, ¾ cup flour, the brown sugar and baking soda. Stir in melted ¾ cup butter. Reserve ¾ cup oat mixture for topping. Press remaining oat mixture in pan. Bake for 10 minutes. Cool for 5 minutes.
3. Meanwhile, in 3-quart saucepan, heat chocolate and ⅔ cup butter over low heat, stirring occasionally, until melted; remove from heat. Stir in granulated sugar, vanilla and eggs. Stir in 1 ¼ cups flour, the baking powder and salt.
4. Spread batter over baked base. Sprinkle with reserved oat mixture. Bake about 30 minutes or until centre is set and oat mixture turns golden brown. Ensure you do not over bake. Cool completely, about 2 hours. Cut into 8 rows by 6 columns.

30.

Cinnamon Swirl Cheesecake With Oatmeal Cookie Crust



A delicious cheesecake made with a cinnamon swirl filling that makes it taste just like a classic cinnamon roll. It's made with a spiced oatmeal cookie crust that blends so nicely with the creamy swirled filling!

INGREDIENTS

For the crust

- ❖ ½ cup old fashioned oats
- ❖ ¾ cup flour
- ❖ ¼ teaspoon allspice

- ❖ ¼ teaspoon cloves
- ❖ ¼ teaspoon freshly ground nutmeg
- ❖ ¼ teaspoon ground coriander
- ❖ ¼ teaspoon ground ginger
- ❖ ½ cup (1 stick) unsalted butter, melted and cooled
- ❖ ½ cup walnuts, finely chopped
- ❖ 1 teaspoon ground cinnamon
- ❖ 2 tablespoons granulated sugar
- ❖ pinch of salt

For the cinnamon swirl filling

- ❖ ¾ cup light brown sugar
- ❖ ½ cup (1 stick) unsalted butter, melted and cooled
- ❖ 3 teaspoons ground cinnamon

For the cheesecake filling

- ❖ 4 blocks cream cheese, at room temperature
- ❖ ¼ cup flour
- ❖ ¾ cup granulated sugar
- ❖ ¾ cup whole milk
- ❖ 1 cup sour cream
- ❖ 1 tablespoon vanilla extract
- ❖ 4 large eggs, room temperature
- ❖ fresh whipped cream, for topping
- ❖ ground cinnamon, for topping

DIRECTIONS

1. Preheat the oven to 350 °F.
2. For the crust, in a medium bowl, combine the flour, oats, salt, spices and chopped walnuts. Make a well in the centre of the bowl, and pour in the cooled melted butter. Stir until the dough comes together, slightly. Pour the crust into a 9-inch springform pan. Using your hands and fingers, press

the oatmeal cookie crust down firmly to ensure all holes or cracks are covered. Bake for about 15 to 20 minutes or until the edges are just starting to brown. Remove from the oven and allow it to cool completely before proceeding.

3. To make the cinnamon swirl filling, in a small bowl, combine the brown sugar, cinnamon and melted butter. This will be chunky, don't worry about it, we'll fix it later. Set it off to the side.
4. To make the cheesecake filling, in a large mixing bowl, cream together the cream cheese and the granulated sugar, until smooth. Add the milk and stir until combined. Mix in the eggs, one at a time, making sure to blend completely after each addition. Add the sour cream, vanilla extract, and flour and mix once again. Scrape down the bottom and sides of the bowl and stir until the filling is completely smooth and lump free.
5. Spoon about a $\frac{1}{4}$ cup of the batter into the cinnamon swirl filling, and stir until smooth.
6. Pour the remainder of the cheesecake filling into the springform pan over the cooled crust. Dollop the cinnamon swirl filling on top and swirl with a wooden skewer or butter knife. It doesn't have to be perfect or precise, just swirl the cinnamon filling into the cheesecake batter.
7. Place the cheesecake onto a baking sheet and bake in a 350°F oven for 1 hour. Turn off the oven and allow the cheesecake to sit in there until it's completely cooled down for about 4 hours. **DO NOT OPEN THE OVEN DOOR!** This will prevent the cheesecake from cracking on the top. Do not even peek inside. Keep the door closed.
8. Once the cheesecake has cooled down, cover it with plastic wrap and place in the fridge to chill overnight (or at least 3 hours). Run a knife along the edge of the pan, and remove the sides of the pan. Cut the cheesecake into wedges and serve with a dollop of fresh whipped cream and a dusting of ground cinnamon. Enjoy!

Conclusion

There is practically every kind of oat out there. They may not be pleasing to eat at first, but with more experiments, trails and errors, you are bound to land a smoothie, dessert or pastry that you will love. You can always switch out some recipe ingredients with others to suit your taste. You can replace milk with water and you will still love your oats.

Try these amazing recipes and even come up with some of your own. Enjoy very much!

About The Author



Benter Adede is a Mother, a Software Engineer, a Trainer, a self-taught Cook and an Upcoming Writer. She currently lives in Kenya and has a keen interest in travelling the world. If she sells enough copies of this book, she might just do that!

She strongly believes that everyone has the same chance at life and what make us different are the choices we make.