



apple pie OATMEAL

Recipe makes 10 servings

240 calories | 42.5g carbs | 6.5g protein | 5.5g fat
27g sugar | 0 mg cholesterol | 63 mg sodium

Ingredients

1/2 cup oats
2/3 cup chopped apple
1/4 tsp. cinnamon
1/4 tsp. vanilla extract
1 cup unsweetened vanilla almond milk

Instructions

Combine all ingredients in a nonstick pot.
Mix in 1 cup water.
Bring to a boil, and then reduce to a simmer.
Cook and stir until thick and creamy (12 - 15 minutes).
Transfer to a bowl, let cool until thickened (5-10 minutes), and enjoy!



savory

OAT BOWL

Recipe makes 1 serving

288 calories | 38g carbohydrate | 12g protein | 11g fat
3g sugar | 9 mg cholesterol | 447 mg sodium

Ingredients

1/2 cup old fashioned rolled oats
3/4 cups water
3/4 cup stemmed and chopped kale
1/4 cup your favorite salsa
2 tbsp grated Parmesan cheese
1/4 avocado, chopped
Dash of pepper (to taste)

Instructions

Combine the oats and water in a small saucepan over medium heat.

Heat until simmering, then cook, stirring often, until everything is tender, about 5 minutes.

Stir in kale and salsa.

Serve in a bowl, topped with Parmesan cheese and Avocado.

Season with pepper, to taste.

add 2 tbsp pumpkin seeds for an extra crunch!



very berry OATMEAL

Recipe makes 1 serving

331 calories | 51g carbohydrate | 16g protein | 8g fat
21g sugar | 5 mg cholesterol | 112 mg sodium

Ingredients

½ cup oats
1 cup skim milk*
½ cup berries
2 tbsp sliced almonds**
Cinnamon/nutmeg to taste

**Reduce calories by swapping in almond milk or even water*

*** Almonds are great, but you can experiment with other nuts and seeds as well!*

Instructions

First add your oats with skim milk in a bowl.
Next add half a cup of berries.
Heat oat blend in a microwave for 1 minute, checking periodically to prevent overflow.
Sprinkle on cinnamon and nutmeg.
Top with sliced almonds, and enjoy!



overnight OATS

Recipe makes 1 servings

379 calories | 50g carbohydrate | 17g protein | 13g fat
19g sugar | 12 mg cholesterol | 145 mg sodium

Ingredients

1/2 cup Old Fashioned Oats
1/2 cup Almond Milk
1/2 cup Greek Yogurt
1 tbs ground flax
1/2 cup strawberries
1/2 cup blueberries

Instructions

Layer from the bottom in this order:
oats, almond milk, yogurt, flax, berries.

Chill in fridge overnight, enjoy in the morning.

Want to change things up?

Swap 2 tbs sliced almonds in place of your
1tbs ground flax.

10 min prep / no cooking required!

A close-up photograph of several oat walnut muffins in white paper liners. The muffins are golden brown with visible dark chocolate chips and chunks of walnuts. One muffin in the foreground has a drizzle of red jam on its side.

oat walnut **MUFFINS**

Recipe makes 12 servings

143 calories | 15.8g carbohydrate | 6g protein | 8g fat
3g sugar | 46.5 mg cholesterol | 193.9 mg sodium

Ingredients

1/2 cup unsweetened applesauce
3 eggs, lightly beaten
1 cup almond milk
1/4 teaspoon vanilla extract
1 cup old-fashioned oatmeal
1 cup oat bran
2 tbsp ground flax seeds
1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 tsp cinnamon
3/4 cup chopped walnuts
3/4 cup blueberries

Instructions

1. Preheat oven to 350 degrees.
2. Grease a 12 cup muffin tin.
3. Mix the wet ingredients together in a small bowl.
4. Mix all the dry ingredients (except the fruit) together in a larger bowl.
5. Mix the wet ingredients into the dry ingredients.
6. Add the dried or fresh/frozen berries, if desired.
7. Spoon into the muffin tin.
8. Bake 18-20 minutes.
9. Let cool 2 minutes in the pan, then cool completely on rack.

20 min prep / 20 min bake