

5 TASTY WAYS TO ENJOY OATS

Fuel up with this heart-healthy whole grain.

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1. ADD THEM TO MUESLI

Mix 1¼ cups oats, ½ cup skim milk and ½ cup low-fat plain yogurt; let stand 15 minutes. Mix ½ cup orange juice, ¼ cup honey, ¾ cup almonds, 2½ cups fresh fruit, and 1 cup shredded apples. Stir mixture into oats.

2. ROLL THEM INTO BITES

Mix 1 cup oats, ½ cup nut butter and ground flax, ¼ cup honey, ¼ cup coconut flakes, and ¼ cup cacao nibs. Form balls. Chill.

3. PUT THEM IN A PANCAKE

Whisk ½ cup old-fashioned oats, 3 egg whites, ½ shredded apple, and ¼ tsp cinnamon. Spoon mixture onto pan. Flip when pancakes bubble.

4. USE THEM IN BREAD PUDDING

Blend raw or toasted oats and mix with panko flakes or ground almonds/walnuts to create a nutritious breading for steak, chicken, or fish.

5. MAKE THEM IN A BURGER

Cook 1 cup black beans and 1 cup white beans. Mash and mix with 1½ cups oats, 1 cup roasted bell pepper, ¾ cup water, and dashes of black pepper, chili powder, and cumin. Form patties. Bake at 350° for 20 minutes.