

# MUSCLE & FITNESS

**10** MINUTES TO EXPLOSIVE STRENGTH!

## ABS!

Shortcut To Your 6-Pack

## THE BEST OF ARNOLD

THE WORKOUT SECRETS OF THE KING!

# 3

DAYS TO A NEW BODY

THE ULTIMATE CROSSFIT MOVE

# BIG TRI'S

WITH JUST A FEW...  
EVERYBODY!

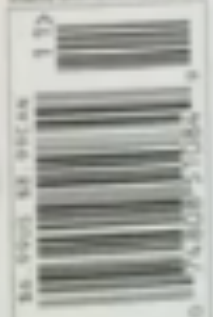
## TRAIN FOR THE WWE!

Our Editor Goes Deep Undercover

## BUILD MUSCLE AT 40



NOVEMBER 2014



# Oats

Fuel up with these 5 tasty ways to enjoy the heart-healthy whole grain.

by **Franci Cohen, C.D.N.**

## **1** ADD THEM TO **MUESLI**

Mix 1½ cups oats, ½ cup skim milk and ½ cup low-fat plain yogurt; let stand 15 minutes. Mix ½ cup orange juice, ½ cup honey, ½ 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, ½ cup honey, ½ 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 **BREADING**

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 INTO A **BURGER**

Cook 1 cup black beans and 1 cup white beans. Mash and mix with 1½ cups oats, 1 cup roasted bell pepper, ½ cup water, and dashes of black pepper, chili powder, and cumin. Form patties. Bake at 350° for 20 minutes.

