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Get More Whole Grains with Oats

Try these creative ways to eat them!

- Add a handful or two of raw oats to your favorite muffin, pancake or smoothie recipe.
- Make **Apple Spice Baked Oatmeal**. Recipe on back.
- Use oats in FoodHero.org's **Skillet Granola** or **Breakfast No-Bake Granola Bar** recipes.

Try adding these toppings to warm oatmeal:

Fresh fruit: sliced bananas or chopped apples

Dry fruit: raisins, cranberries or chopped apricots

Frozen fruit: blueberries or raspberries

Canned fruit: peaches or applesauce

Fresh vegetables: shredded carrots

Canned vegetables: pumpkin

Nuts: chopped peanuts or walnuts

Spices: cinnamon or pumpkin pie spice

Tips for Saving Money



- ✓ Stock up on oats from the bulk section.
- ✓ Store oats in a tightly covered container, such as a clean glass jar or plastic food storage container.

Stay Connected



Kids Can...



- ❁ add toppings to warm oatmeal.
- ❁ put raw oats in their favorite smoothie.
- ❁ mix ingredients for **Apple Spice Baked Oatmeal**.

Time-Saving Oatmeal Recipes

Cold oatmeal. For one serving, mix ½ cup rolled oats and 1 cup yogurt or milk in a bowl. Refrigerate overnight. In the morning, add fruit and a little yogurt or milk. Stir and enjoy!

Hot oatmeal. For one serving, mix ½ cup rolled oats and 1 cup water or milk in a microwave safe bowl. Microwave on high for 1-3 minutes. Pause and stir once or twice to prevent hot oatmeal from spilling over the edge of the bowl.

Monthly Food Hero Checklist

- Add a fruit topping to oatmeal.
- Have kids add raw oats to a recipe.
- _____



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Apple Spice Baked Oatmeal



Ingredients

- 1 **egg**, beaten
- 1/2 cup **applesauce**
- 1 1/2 cups **non-fat** or **1% milk**
- 1 teaspoon **vanilla**
- 2 tablespoons **oil**
- 1 **apple**, chopped (about 1 1/2 cups)
- 2 cups **rolled oats**
- 1 teaspoon **baking powder**
- 1/4 teaspoon **salt**
- 1 teaspoon **cinnamon**

TOPPING

- 2 tablespoons **brown sugar**
- 2 tablespoons **chopped nuts**

Serving Size: 2 1/2" square
Prep time: 10 minutes
Cooking time: 30 minutes



Directions

1. Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking pan.
2. Combine the egg, applesauce, milk, vanilla and oil in a bowl. Add the apple.
3. In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.
4. Pour mixture into baking dish, and bake for 25 minutes.
5. Remove from oven and sprinkle with brown sugar and nuts.
6. Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles.
7. Serve warm. Refrigerate leftovers within 2 hours.

Note

Substitute other fruit for the apple. Try bananas, pears, blueberries or a mixture.

Nutrition Facts

Serving Size 2.5 inches x 2.5 inches (109g)
 Servings Per Container 9

| Amount Per Serving | |
|-------------------------------|----------------------|
| Calories 160 | Calories from Fat 50 |
| | % Daily Value* |
| Total Fat 6g | 9% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 150mg | 6% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 3g | 12% |
| Sugars 9g | |
| Protein 6g | |
| Vitamin A 2% | Vitamin C 2% |
| Calcium 10% | Iron 6% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: 2,000 | 2,500 |
|--------------------|-------------------|---------|
| Total Fat | Less than 65g | 80g |
| Saturated Fat | Less than 20g | 25g |
| Cholesterol | Less than 300mg | 300mg |
| Sodium | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g | 375g |
| Dietary Fiber | 25g | 30g |

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

For more Recipes and Tips on eating well for less, visit www.foodhero.org

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