Health Benefits of Oats

Healthy Whole Grain

Oats are a part of the cereal grain family. They are incredibly nutritious and can provide many health benefits. Oats are a whole grain and are also gluten free. They are a great option if you have a gluten sensitivity or celiac disease. Oats are packed full of carbohydrates, fiber, protein, fat and many vitamins and minerals.

Shelf Stable

Oats are shelf stable, meaning they can withstand months without spoiling or going bad. It is always important to have shelf stable ingredients at home in case of an emergency or if you are ever stuck inside and unable to make it to the grocery store.

Cooking with Oats

One easy way to include oats in your diet is by eating oatmeal. Oatmeal can be used in many ways while cooking. Aside from the obvious, oatmeal at breakfast, it can be used to make cookies, biscuits, muffins, thicken up a fruit smoothie, or used in place of breadcrumbs to coat chicken.

Types of Oats

When shopping for oats in the grocery store, you may see many different varieties such as: rolled, steel-cut or instant. Rolled will become mushy faster, while steel cut absorbs less liquid while cooking, resulting in a firmer oat. Instant or quick oats take the shortest time to cook, because they are the most processed.

Health Benefits

Oats can help to control hunger, and aid in weight loss due to the high fiber and water content. Research has shown that the fiber in oats can also lower cholesterol by binding to it in the digestive tract.

For more information, or to schedule an appointment with a dietitian please call 612-467-2004.

Overnight Oats Recipe

Ingredients

- ½ cup Rolled Old Fashioned Oats
- ½ cup Milk of Choice
- ¼ cup Non-fat Greek Yogurt
- 1 Tablespoon Chia Seeds
- 1 Tablespoon Sweetener of Choice (Honey or Maple Syrup)
- ¼ teaspoon Vanilla Extract

Instructions

1. Place all ingredients into a large container and mix until combined.
2. Cover the container with a lid or plastic wrap. Place in the refrigerator for at least 2 hours or overnight. Toppings can be added the night before or immediately before serving.
3. Uncover and enjoy from the container the next day. Thin with more milk or water if desired.

Nutrition Information

Calories 420, Total Fat 8 gm, Saturated Fat 2gm, Sodium 137 mg, Total Carbohydrates 64.5 gm, Dietary Fiber 9 gm, Protein 24 gm

How to Customize the Recipe:

Peanut Butter & Jelly

- 1 Tablespoon Strawberry Jam
- 1 Tablespoon Peanut Butter
- ¼ cup Diced Strawberries
- 2 Tablespoon Peanuts Crushed

Apple Pie

- 1/4 cup Diced Apples
- 1 Tablespoon Pecans Chopped
- 2 Teaspoon Maple Syrup
- ¼ teaspoon Ground Cinnamon

Banana Nutella

- ½ Banana Sliced
- 1 Tablespoon Nutella
- 1 Tablespoon Hazelnuts Crushed
- 1 Tablespoon Chocolate Chips