



Spice Up Your Oatmeal

By Shelagh Curran, Dietetic Intern



Looking to move beyond instant oatmeal packets? This simple formula will help you create a more supportive breakfast.

Step 1: CHOOSE YOUR OATS

- **Rolled oats, old fashioned oats, and quick oats**

Can be prepared quickly in the microwave or on the stove top (or soaked overnight in the fridge for overnight oats)

- **Steel cut oats**

Require more cook time – they are best prepared on the stove top



Step 2: MIX WITH MILK OR WATER

Using milk creates creamier oats and adds more nutrients, but water works too.



- Water
- Skim milk
- 2% milk
- Almond milk
- Soy milk
- Oat milk



Step 3: ADD A FRUIT OR VEGETABLE

Sweeten it up with some fruit or make it savory with vegetables.

Sweet

- Apples
- Berries
- Peaches
- Pomegranate
- Raisins

Savory

- Cauliflower
- Zucchini
- Bell pepper
- Avocado
- Spinach



Step 4: INCLUDE A NUTRIENT BOOST

Add a protein or healthy fat to help keep you full and enhance your nutrient intake.

Healthy
Fats

- Nuts
- Peanut butter
- Flax meal or seeds
- Chia or hemp seeds
- Pumpkin seeds

More
Protein

- Eggs (cooked)
- Protein powder
- Greek yogurt



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Peanut Butter and Berry

½ cup oats + 1 cup soy milk + 2 tablespoons peanut butter + ½ cup berries + 1 teaspoon honey



Provides: 480 calories, 23 grams fat (4 grams saturated), 54 grams carb, 21 grams protein, 10 grams fiber

Carrot Cake

½ cup oats + 1 cup skim milk + 1 carrot shredded + 5 raisins + 1 tablespoon almond butter + 1 tablespoon chopped walnuts + 2 teaspoons cinnamon + 1 tablespoon chia seeds



Provides: 460 calories, 19 grams fat (2 grams saturated), 56 grams carb, 21 grams protein, 13 grams fiber

Apple Cinnamon

½ cup oats + 1 cup unsweetened almond milk + ½ cup diced apples + 1 tablespoon almond butter + 2 teaspoons cinnamon + 1 teaspoon nutmeg + 1 teaspoon honey



Provides: 370 calories, 18 grams fat (2 grams saturated), 43 grams carb, 11 grams protein, 7 grams fiber

Piña Colada

½ cup oats + 1 cup unsweetened almond milk + 1½ tablespoons coconut flakes + 1 teaspoon vanilla extract + ½ cup diced pineapple + 1 tablespoon flax meal + 1 tablespoon hemp seeds



Provides: 430 calories, 21 grams fat (5 grams saturated), 47 grams carb, 15 grams protein, 10 grams fiber

Bacon, Egg and Cheese

½ cup oats + 1 cup water + 1 egg + 1 slice turkey bacon + 2 tablespoons cheese + ¼ cup diced tomato



Provides: 320 calories, 13 grams fat (4 grams saturated), 31 grams carb, 20 grams protein, 5 grams fiber

Taco Oatmeal Bowl

½ cup oats + 1 cup water + 1 teaspoon chili powder + 1 tablespoon cheese + ½ cup chopped bell peppers & spinach + 2 tablespoons salsa + ½ avocado + squeeze of lime juice + cilantro



Provides: 370 calories, 18 grams fat (3 grams saturated), 36 grams carb, 11 grams protein, 10 grams fiber