

Oatmeal Recipes

TAKE YOUR OATMEAL TO THE NEXT LEVEL

STEPPED-UP OATMEAL

S'MORES OATMEAL

- ½ Cup Quick Cook Oats*
- 2 tsp Chocolate Chips
- 6 Mini Marshmallows
- 1 tsp Graham Cracker Crumbs

FUNKY MONKEY OATMEAL

- ½ Cup Quick Cook Oats*
- ½ Banana, sliced
- 2 tsp Cocoa Powder

CARAMEL APPLE OATMEAL

- ½ Cup Quick Cook Oats*
- ¼ Cup Fresh or Dehydrated Apples, diced
- ¼ Tbsp Maple Sugar
- ¼ tsp Cinnamon

COCONUT BANANA OATMEAL

- ½ Cup Quick Cook Oats*
- ¼ Cup Bananas, sliced
- 1 Tbsp Pecans or other nuts, chopped
- 1 tsp Shredded Unsweetened Coconut

DIRECTIONS

1. Add ½ Cup Hot Water.
2. Stir and wait 3 minutes. Enjoy!

OVERNIGHT OATMEAL

BASIC FOUNDATION

- 1 Cup Rolled Oats*
- ½ Cup Plain Greek Yogurt (or yogurt of choice)
- 1 Cup milk of choice
- 1 Tbsp sweetener of choice (honey, maple syrup)

STEP IT UP

VANILLA CHIA

Add to Basic Foundation:

- 1 Tbsp Chia Seeds
- 1 tsp Vanilla Extract

PEANUT BUTTER & JELLY

Add to Basic Foundation:

- 1 Tbsp Chia Seeds
- 2 Tbsp Peanut Butter (or other nut/seed butter)
- 1 Tbsp Jelly of choice (swirl in just before eating)

DIRECTIONS

1. Mix all ingredients until combined. (Except jelly if making PB&J.)
2. Cover and refrigerate overnight, or for at least two hours.

*Use certified gluten-free oats to make these recipes certified gluten-free.



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