foodbank of the Southern Tier

Quick Oats

Just Say Yes To Fruits & Vegetables

Try out these fun recipes using quick oats!

Peanut Butter Oatmeal Balls

- 1 cup rolled oats
- 1/2 cup peanut butter
- 1/3 cup maple syrup

Addition Suggestions:

- 1/2 cup ground flaxseed
- 1/2 cup chocolate chips

Makes 20 servings

Directions

1. In a large mixing bowl, add the rolled oats and ground flaxseed.
2. In a microwave-safe bowl or stovetop, combine peanut butter and maple syrup. Heat until warm and melted, whisk together.
3. Combine wet and dry ingredients and mix well. Fold in chocolate chips. Cover and refrigerate for 15 minutes.
4. Remove from fridge and form 20 balls.

Recipe from: https://thebigmansworld.com/peanut-butter-oatmeal-energy-balls/

Baked Oatmeal

- 1/2 cup rolled oats
- 1/2 medium banana
- 1 tbsp peanut butter
- 1/4 cup milk
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp vanilla extract (optional)

Makes 1 serving

Directions

1. Preheat oven to 350F. Grease a 6-8 ounce ramekin or oven safe-dish.
2. In a blender, add all the ingredients and blend until the batter is smooth.
3. Let batter sit for 5 minutes before transferring it to greased ramekin.
4. Bake for 12-15 minutes, or until cooked on top

Recipe from: https://thebigmansworld.com/healthy-baked-oatmeal-recipe/

Chocolate Overnight Oatmeal Smoothie

- 1/2 cup rolled oats
- 1 tbsp peanut butter
- 2 tbsp unsweetened cocoa powder
- 1 cup milk
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract

Makes 1 serving

Directions

1. Add all ingredients to the bowl of your blender and stir until everything is well combined. Cover and place in fridge overnight.
2. The next morning, blend until consistency is smooth. Transfer to a bowl or glass and add any desired toppings.

Recipe from: https://www.runningwithspoons.com/chocolate-overnight-oatmeal-smoothie/