

Oats

Fun Facts:

- Oats have fiber that can help lower cholesterol and keep your heart healthy.
- Oats give you steady energy, so you stay fuller for longer.



Old-fashioned oats are rolled and chewy.

Quick oats are thinner and cook fast.

Steel-cut oats are coarse and nutty. They take the longest to cook of all types of oats.

Ways to Use Oats

1. **Oatmeal** - Cook into warm oatmeal or overnight oats.
2. **Baking** - Add to cookies, muffins, or breads.
3. **Smoothies** - Blend in oats for extra fiber and thickness.
4. **Savory dishes** - Use oats to thicken soups or make veggie burgers.
5. **Granola** - Bake with nuts and fruit for a crunchy snack.
6. **Energy bites** - Mix oats with nut butter and honey for no-bake treats.



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Banana Nut Granola

Servings: 7

Serving size: 1/2 cup

Ingredients

- Nonstick cooking spray
- 2 cups old fashioned oats
- 1/2 cup sliced almonds
- 2 teaspoons cinnamon
- 1 ripe banana, mashed
- 1/4 cup dried cranberries or raisins



Directions

1. Preheat oven to 325° F.
2. Spray a baking sheet with nonstick cooking spray.
3. Add all ingredients in a mixing bowl. Mix to combine.
4. Spread the mixture in a thin layer on a baking sheet.
5. Bake for 30 minutes, stirring halfway through.
6. Cool completely before storing in an airtight container for up to two weeks.

Nutrition Facts

7 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 202mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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