

Breakfast Options



WITH QUAKER OATS

REASONS TO EAT OATS DAILY:

- Oats are a good source of fiber, which can help support a healthy digestive system (4 grams of fiber per 1/2 cup oats!)
- A variety of textures to choose from: Quick 1-Minute, Old Fashioned Rolled, Instant, and Steel Cut = all 100% whole grain and ounce per ounce provide same amounts of fiber, vitamins, and minerals.
- Naturally low in fat and sodium.

Choose your oats:

quick options

0

min

QUAKER OLD FASHIONED OATS

Overnight Oats: Combine ingredients the night before and eat right away in the morning!

- 1/2 cup Quaker Old Fashioned Oats
- 1/2 cup almond milk
- 1 tbsp chia seeds

1

min

QUAKER QUICK 1-MINUTE OATS OR INSTANT OATS

Quaker Quick 1-Minute Oats: Cook on a stovetop for 1 minute or 1 & 1/2 to 2 minutes in the microwave.

Quaker Instant Oats: Cook 90 seconds in the microwave or add hot milk / boiling water and let sit for 1 minute.

5

mins

QUAKER OLD FASHIONED OATS

Bring 1 cup of water to a boil over the stovetop, add 1/2 cup Quaker Old Fashioned Oats, and cook for 5 minutes over medium heat.

Fun topping ideas:

- 1/2 banana + 1 tsp chocolate chips
- 1/2 cup berries + 1 tsp cinnamon

for slow mornings

25

mins

QUAKER STEEL CUT OATS

Bring 1 & 1/2 cup of water to a boil over the stovetop, add 1/4 cup Quaker Steel Cut Oats, reduce heat and cook for 25 minutes.

For a nutritious addition:

Add 1 tbsp of nut butters, hemp seeds, chia seeds, or flaxseeds!

25

mins

QUAKER OLD FASHIONED OATS

Baked Oats: Preheat oven to 350F, combine ingredients and bake for 20-25 minutes!

- 1/2 cup Quaker Old Fashioned Oats
- 1/2 cup almond milk
- 1 large egg
- 1/2 tsp baking powder

in partnership with the Quaker Oats Company

