



ON THE MENU: OATS



THE NUTRITION

Whole Grain Source: the USDA recommends at least half our grain choices be whole grains.

Soluble Fiber: a heart healthy nutrient that aides in reducing blood cholesterol.

B-vitamins: essential nutrients for converting food into fuel.

THE USES

Filling breakfast: combine equal parts milk and oats, then top with fruit for an easy morning meal.

Healthy snack: use as a nutritious foundation in homemade granola.

Non-bake desserts: such as oatmeal cookies use oats as the primary ingredient, thus excluding high fat ingredients.

PROTEIN BITES

Makes: 1 serving

Recommended serving: 5 bites

Ingredients:

2 tablespoons powdered peanut butter, prepared

3 tablespoons dry oats

1/2 tablespoon honey

1 tablespoon dark chocolate chips

Directions:

1. Combine all ingredients and roll into balls.

Nutrition information per serving (5 bites):

200 calories, 34 grams carbohydrates, 7 grams protein, 6 grams fat, 3.5 grams fiber, 16 grams sugar, 80mg sodium