

Oats Recipes



Oat Groats

Steel Cut Oats

Rolled Oats

Steel-cut oats, or whole oats (oat “GROATS”) are an excellent soluble fiber to add to the diet that also acts as a prebiotic food. These oats are beneficial to promote anti-inflammatory integrity in the intestinal bacteria. Oat groats have the most effect, steel-cut oats are less processed than old fashion rolled oats, and instant doesn’t help much. They are very versatile and can be sweet or savory, or used instead of noodles.

For IBD-AID we encourage your whole or steel cut oats to be well cooked and a “slurry consistency.” This means they should cook for about an hour on low heat with ample liquid.

To plan ahead, large batch cooking & freezing oats is easiest. Then you can reheat and add any ingredients or spices.

Savory Side Dishes

Tomato & Basil Oats

¾ cup tomato puree
1 ¼ cup unsweetened almond milk
1 ½ cup whole, or steel cut oats
2 tablespoons Extra Virgin Olive Oil
¼ cup Fresh Basil, finely chopped
1 garlic clove
Salt and pepper to taste
2 Tbsp Parmesan cheese, grated

- 1.) In a pot, add olive oil and sauté garlic on low medium heat. After garlic has a little color, add liquid. Bring milk and tomato puree to a boil, add oats, and basil. Reduce heat to low.
- 2.) Once most of the liquid has absorbed, about 60 minutes, top with cheese and serve.

Mushroom Oat Risotto

1 cup whole or steel-cut oats
2 cups almond milk
2 cups low sodium chicken or veggie broth
1 to 2 tablespoons olive oil
1/2 small onion, minced
2 cloves of garlic, minced
1 cup mushrooms (might need to be pureed)
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon dried marjoram
Pinch of salt and pepper
2 Tablespoons Aged Parmesan Cheese

- 1.) In a pot, add olive oil and sauté diced onions and garlic. When onions are translucent add liquid. Bring milk and vegetable broth to a boil, add oats, and reduce heat to medium.
- 2.) While oats are cooking, puree mushrooms thoroughly. When you have no clumps remaining, add to oatmeal. Add spices, salt and pepper.
- 3.) Once most of the liquid has absorbed, top with cheese and serve.

Oat Risotto with Peas and Pecorino

2 Tablespoons Extra Virgin Olive Oil
1 leek, white and tender green parts only (halved lengthwise and thinly sliced crosswise)
1 cup whole or steel-cut oats
5 cups low sodium chicken or veggie broth
Salt
Freshly ground black pepper
1 cup frozen baby peas (may need to be pureed)
1 scallion, thinly sliced
1 cup pecorino shavings

In a large saucepan, add olive oil. Add the leek and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Stir in the oats and cook for 1 minute. Add 5 cups of the stock and simmer over moderate heat, stirring frequently, until nearly absorbed. The risotto is done when the oats are a slurry well cooked texture, about 60 minutes total. Season with salt and pepper. Stir in the peas, scallion and 3/4 cup of the cheese and cook until the peas are heated through, about 1 minute. Transfer the risotto to bowls, sprinkle with the remaining cheese and serve.

Adapted from *Foodandwine.com*

Slow-Cooker Mexican Savory Oat

1 cup whole or steel cut oats
1 cup salsa
2 tablespoons fresh cilantro, chopped
2 ½ cup low sodium chicken broth
1 cup red pepper finely chopped (may need to unskin)
1 garlic clove, minced
½ teaspoon ground oregano
½ teaspoon cumin

Place all ingredients in slow cooker, cover and cook for 2-4 hours on low heat.

Adapted from *Skinnymys.com*

Sweet Oats

Banana Bread Oats

2 cups almond milk (or any non-dairy milk of choice)
2 cups water, or more almond milk
1 cup steel-cut oats
1 tsp ground flax seed
2 ripe bananas
1 tsp cinnamon
1/8 tsp salt

- 1.) Bring milk and water to a boil, add oats, ground flaxseed, and reduce heat to medium.
- 2.) While oats are cooking, mash up bananas thoroughly. When you have no clumps remaining, add to oatmeal.
- 3.) Once more of the liquid has absorbed, add maple syrup, cinnamon, and salt.
- 4.) When you're pleased with the consistency of the oatmeal, transfer to a bowl. Add a splash of your milk of choice and a drizzle of raw honey.

Adapted from: theoatmealartist.com

Carrot Cake Oats

3 cups water
1 cup light coconut milk
1 cup steel-cut oats
1 cup grated carrots (about 2 large)
2/3 cup seedless raisins (omit for phase 1)
3/4 teaspoons ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1/2 teaspoon kosher salt
1 1/2 Tablespoon grated orange zest
1 teaspoon pure vanilla extract
1 teaspoon raw honey
1/4 cup walnut butter (chopped walnuts are okay for phase 3)

- 1.) Bring milk and water to a boil, add oats, carrots, raisins, spices and salt. Reduce heat to low and partially cover the pot.
- 2.) Once more of the liquid has absorbed, add maple syrup, vanilla, and walnut butter.
- 3.) After 60 minutes oats should be well cooked and a slurry consistency.
- 4.) Top with raw maple syrup if desired.

Adapted from *cookieandkate.com*

Almond Butter Chocolate Overnight Oats

1/2 cup whole or steel-cut oats
1 teaspoon chia seeds
1 teaspoon flax meal
2 teaspoons cacao powder
1 tablespoon almond butter
2 teaspoons raw honey
1/2 cup unsweetened almond milk

Throw everything into an airtight jar. Mix well and store in the refrigerator overnight, stir again in the morning, and eat!

Source: *mywholefoodlife.com*