



oats
+dairy RECIPES





Are you looking for new culinary solutions to meet nutrition and taste expectations? Look no further. We've created delicious recipes using wholesome whole grain oats and nutrient-rich dairy foods. Power your morning with cheesy oat quiche, try this new twist on a fruit smoothie while on-the-go, and show off your creativity with a decadent yet nutritious crème brûlée.

These recipes were designed with breakfast in mind, knowing the many challenges we face to start the morning off right. However, these tasty combinations of simple, familiar foods also work well as better-for-you snacks, appetizers, and even dessert.

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Bon appétit!

Quaker® Oats Center of Excellence
National Dairy Council®





Fruit & Oatmeal Smoothie

Not your traditional fruit smoothie! This combination of dairy, whole grain oats, and fruit is a delicious way to start the day or take on-the-go.

INGREDIENTS:

½ cup rolled oats	¼ cup strawberries, fresh or frozen
1 cup fat-free milk (traditional or lactose-free)	¾ cup vanilla kefir
½ banana, 6" ripe	3 ice cubes
	1 strawberry, fresh (optional for garnish)

DIRECTIONS:

To make oatmeal

1. Combine oats and milk in saucepan; simmer for 5 minutes or until oats have absorbed a majority of the milk. Oatmeal will yield 1 cup.
2. Let cool.

To make smoothie

1. In blender, combine cooked oatmeal, banana, ¼ cup strawberries, kefir, and ice cubes. Blend until smooth.
2. Serve immediately with strawberry garnish if desired.

Makes 2 servings

Serving Size: 12 fl. oz.

Prep time: 15 min **Cook time:** 5 min

Nutrition Facts (per serving): 190 calories, 2.5g total fat, 1g sat. fat, 110mg sodium, 33g total carb., 3g fiber, 17g sugar, 11g protein, 35% DV calcium, 20% DV vitamin D, 15% DV vitamin C, 10% DV vitamin A, 9% DV potassium, 6% DV iron, 6% DV thiamin, 6% DV manganese



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Oatmeal Crème Brûlée

This nutritious twist on an elegant favorite is sure to be a hit for breakfast or dessert.

INGREDIENTS:

4½ cups fat-free milk (traditional or lactose-free)	½ cup blueberries, dried
1½ cups quick-cooking rolled oats	¼ cup sugar, granulated
	¼ cup blueberries, fresh

DIRECTIONS:

1. In a sauce pan over medium heat, combine milk, oats, and dried blueberries; bring to a simmer, stirring consistently for approximately 8 minutes until oats are tender and fruit is slightly reconstituted.
2. Spoon 1 cup of oat mixture into 5, 8 oz. bowls; tap each bowl gently to level the top. Let set for 5 minutes until top is slightly firm and oats have absorbed all remaining liquid.
3. Spread about 1 tablespoon of sugar evenly on top of each bowl (covering as much of the surface as possible) and use a blow torch or brûlée torch to “brûlée” the top of each bowl.
4. Garnish each with 1 tablespoon of fresh blueberries; serve warm.

Makes 5 servings

Serving Size: 6 oz.

Prep time: 5 min **Cook time:** 15 min

Nutrition Facts (per serving): 270 calories, 2g total fat, 0g sat. fat, 115mg sodium, 49g total carb., 5g fiber, 27g sugar, 11g protein, 25% DV calcium, 25% DV vitamin D, 25% DV riboflavin, 25% DV phosphorus, 15% DV vitamin B12, 10% DV vitamin A, 6% DV iron, 6% DV thiamin



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Cheesy Baked Oatmeal Quiche Cups

A savory mini quiche that is mighty in flavor and nutrition. This family favorite can help power your morning and impress your guests.

INGREDIENTS:

1½ cups fat-free milk
(traditional or lactose-free)

4 eggs, slightly beaten

2 teaspoons baking powder

½ teaspoon salt

¼ teaspoon ground black pepper

½ teaspoon dried thyme leaves

3 cups quick or old fashioned oats

1 cup frozen broccoli, thawed slightly

½ cup (2 oz) chopped cooked lower-sodium ham (about 6-8 thin slices)

1 cup (4 oz) shredded reduced-fat Cheddar cheese

DIRECTIONS:

1. Preheat oven to 375° F. Spray muffin pans with non-stick cooking spray or line with 16 paper cupcake liners.
2. In a large bowl, whisk together milk, eggs, baking powder, salt, pepper, and thyme. Stir in oats and let oats absorb mixture for at least 5 minutes.
3. Chop broccoli into small pieces. Stir broccoli, ham, and cheese into oats mixture.
4. Scoop ¼ cup of batter into each of 16 muffin cups.
5. Bake 20-25 minutes until the edges start to brown and are firm to the touch.
6. Cool on a wire rack. The quiches may stick when hot but are easily removed when cooled.

Makes 16 quiche cups; 8 servings

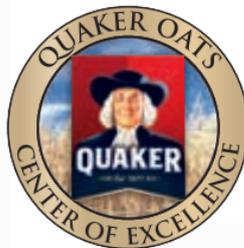
Serving Size: 2 quiche cups

Prep time: 15 minutes **Cook time:** 20-25 minutes

Nutrition Facts (per serving): 223 calories, 8g total fat, 3g sat. fat, 400mg sodium, 25g total carb., 4g fiber, 3g sugar, 14g protein, 35% DV vitamin K, 30% DV calcium, 20% DV vitamin C, 20% DV phosphorus, 15% DV selenium, 15% DV iron, 10% DV vitamin A, 10% DV vitamin B12, 10% DV folate, 6% DV potassium, 6% DV thiamin



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