

Quaker Does Gluten Free

At Quaker, we are passionate about the nutritional powerhouse that is the oat. We also know that for some people, a gluten free diet is important and necessary. That's why we've taken the time and effort to develop a gluten free oatmeal using innovative technologies that adhere to the FDA's quality and safety standards. Look for specially marked gluten free packages.

A Look at Our Journey to Gluten Free

Oats are inherently gluten free, but may come in contact with wheat, rye and barley at the farm, in storage, or during transportation. With over 140 years of milling experience, our team of experts developed a breakthrough cleaning system to sort and clean oats to ensure that Quaker® Gluten Free Oats can be enjoyed and trusted by those leading a gluten free lifestyle.

Some specifics on the process for making Quaker Gluten Free Oats:



Our mechanical and optical sorting system aggressively seeks out and removes gluten-containing grains based on length, density and color in a dedicated cleaning house for gluten free products.



We implement testing protocols across a variety of checkpoints during the milling process to verify our high-quality oats meet FDA standards while maintaining Quaker's standards for quality, taste, and texture.



During the milling process, dedicated cutting and flaking equipment is used.



Any and all ingredients that are added during packaging are validated to be gluten free.



The packaging line is thoroughly cleaned with a validated procedure to prevent cross-contamination.

Gluten Free – The Quaker Way

The 2020 Dietary Guidelines recommend Americans make at least half of their grain choices whole grains. According to the Guidelines, 98% of Americans fall short of this goal, but it can be particularly challenging for people with celiac disease or other gluten sensitivities, since several whole grains, such as wheat, rye and barley are off limits.⁽¹⁾ Because whole grains supply beneficial nutrients, such as fiber, it is important to incorporate them into a gluten free eating plan to help you meet your nutrient needs.⁽²⁾

Including specially-marked Quaker® Gluten Free Oats can help you meet the recommended intake of whole grains and get the nutrition you want to help support a healthy lifestyle. Specially-marked Quaker® Gluten Free Oats meet the same nutrition and taste standards as all of our oatmeal products, which are 100% whole grain per serving and a good source of fiber and other essential vitamins and minerals.

Three varieties are available at retailers nationwide:

- Quaker® Gluten Free Quick 1-Minute Oats (18 oz canister)
- Quaker® Gluten Free Instant Oatmeal (Original)
- Quaker® Gluten Free Instant Oatmeal (Maple & Brown Sugar)



Additionally, Quaker® Gluten Free Old Fashioned Oats are available online.

Visit [QuakerOats.com](https://www.QuakerOats.com) for more information and look for specially-marked packages.

Fiber in Gluten Free Quaker Oats

½ cup (40g) GF Quick Oats: 3g

1 packet (35g) GF Instant Original: 3g

½ cup (40g) GF Old Fashioned: 4g

1 packet (43g) GF MBS: 3g

Gluten Free Goat Cheese Scones

Following a gluten free diet doesn't have to mean missing out on the oats you love! Oats serve as a nutritious blank canvas to inspire culinary creativity, like these Gluten Free Goat Cheese Scones! Creamy and tart goat cheese, fresh herbs, and roasted red bell peppers make for a delicious, savory baked good. To make this recipe, use gluten free ingredients.

Servings: 12



Ingredients

- 1 ½ cups plus 2 Tablespoons Quaker® Gluten Free Quick 1-Minute Oats, uncooked, divided
- 1 cup multi-purpose gluten free flour blend
- 1 Tablespoon gluten free baking powder
- ½ teaspoon salt
- ½ teaspoon coarse grind black pepper (optional)
- ⅓ cup chopped fresh herbs
- ⅓ cup diced roasted red bell pepper
- 1 log (4 ounces) goat cheese, crumbled
- ⅔ cup non-fat milk
- ⅓ cup olive oil
- 1 large egg, beaten



Instructions

1. Heat oven to 400°F. Line a cookie sheet with parchment paper or spray with cooking spray.
2. In a large bowl, combine 1 ½ cups oats, flour blend, baking powder, salt and black pepper; mix well. Gently stir in herbs, bell pepper and cheese.
3. In a small bowl, combine milk, oil and egg; blend well. Add to oat mixture. Stir well until combined.
4. Turn dough out onto lightly floured surface. Sprinkle with flour. Knead gently 4 to 5 times until dough holds together, adding additional flour if needed. Place on parchment. Pat into 8-inch circle. Sprinkle with remaining oats; press gently into dough. Cut into 8 wedges; separate slightly.
5. Bake 15 to 20 minutes or light golden brown. Serve warm.



¹ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020–2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.DietaryGuidelines.gov).

² My Plate. (2021). Grains. Retrieved from <https://www.myplate.gov/eat-healthy/grains>.