



Breakfast Options You'll ❤️ In An Instant

Each variety of Quaker Oats – instant, quick, old fashioned and steel cut – are 100% whole grain, and ounce per ounce, they all provide similar amounts of fiber, vitamins and minerals.* For those rushed mornings or whenever your clients need a quick breakfast time option, Quaker Instant Oatmeal has them covered.

Quaker Instant Oats are cut thinner than Old Fashioned Oats to cook faster than other oat varieties and have a soft texture. From classic flavors to high fiber options to gluten free offerings (look for specially marked gluten free Quaker products), Quaker Oats has a variety of Instant Oatmeal to meet your clients' preferences. They are also a great canvas for versatility to add global flavor to your bowl. These oats are quick and easy to prepare, and with so many unique ingredients and surprising flavor combinations, Quaker Instant Oatmeal can make trying new and unique flavors both easy **and** delicious.

Use the topping ideas below as inspiration for clients who are looking to spice up their favorite Quaker Instant Oatmeal flavor!

Choose your preferred Instant Quaker® Oatmeal** (1 serving)	Choose a region	Liquid (½ cup – 1 cup)	Fruit or Vegetable (¼ cup – ½ cup fresh; 2 Tbsp. dried)	Protein (Choose low-fat/nonfat protein)	Flavor Booster (Add up to 2 teaspoons, total)
Quaker® Instant Oatmeal Classic Flavors	Asia & Asia Pacific	<ul style="list-style-type: none"> Low-fat or Nonfat Milk Dairy alternative 	<ul style="list-style-type: none"> Mango slices Mangosteen Lychee Bok choy 	<ul style="list-style-type: none"> Peanuts Marinated silken tofu 	<ul style="list-style-type: none"> Sesame Seeds Unsweetened Coconut flakes Thai Basil Chili oil Lemongrass Cilantro
Quaker® High Fiber Instant Oatmeal***	African	<ul style="list-style-type: none"> Water and stock cubes Dairy alternative 	<ul style="list-style-type: none"> Tomato Okra Sweet potato Plantains 	<ul style="list-style-type: none"> Crayfish Lentils Black eyed peas 	<ul style="list-style-type: none"> Tamarind Harissa pepper Ginger
Quaker® Protein Instant Oatmeal***	Mediterranean	<ul style="list-style-type: none"> Water Low-sodium or no-salt-added broth 	<ul style="list-style-type: none"> Green onions Tomato Parsley Fig slices Pomegranate Seeds 	<ul style="list-style-type: none"> Chickpeas or hummus Baked falafel Pistachios Plain yogurt 	<ul style="list-style-type: none"> Fresh mint Lemon juice Parsley
Quaker® Organic Instant Oatmeal	Latin America	<ul style="list-style-type: none"> Water Low-sodium or no-salt-added broth 	<ul style="list-style-type: none"> Avocado Tomato Corn Jalapeno 	<ul style="list-style-type: none"> Chickpeas Black Beans Chorizo 	<ul style="list-style-type: none"> Queso Fresco Cilantro Parsley Chipotle peppers

* Ounce per ounce of oats; does not include inclusions such as fruit, nuts or flavors
 ** Prepare according to package instructions
 *** Available primarily as sweet flavor offerings, would be best suited for sweet flavor pairing

Beyond the Bowl:

Looking for other ways to incorporate Quaker Instant Oatmeal into your clients' meal plans?

Try using oats as meat binder...



...or in smoothies...



...or as a breadcrumb topping.



Fan Favorite Flavors:

Quaker Instant Oatmeal has plenty of flavor options to choose from. Learn what makes each unique below:

Quaker Instant Oats	What makes it special:*
 <p>Quaker® Instant Oatmeal - Classic Flavors</p>	<p>100% whole grain oats. Each serving contains at least 24 grams of whole grains per serving**, no artificial preservatives or flavors and 2-4 grams of fiber</p> <p><i>**Excludes Quaker® Instant Oatmeal Fruit and Cream varieties</i></p>
 <p>Quaker® High Fiber Instant Oatmeal</p>	<p>100% whole grain oats and 10g of fiber in each serving</p>
 <p>Quaker® Protein Instant Oatmeal</p>	<p>100% whole grain oats and 10g of protein in each serving</p>
 <p>Quaker® Fiber & Protein Instant Oatmeal</p>	<p>100% whole grain oats and 6g of protein and 7g of fiber*** in each serving with no artificial preservatives or flavors</p> <p><i>***Contains 3 grams of total fat per serving</i></p>
 <p>Quaker® Gluten Free Instant Oatmeal</p>	<p>100% whole grain oats. Quaker has developed a breakthrough cleaning system that removes stray gluten-containing grains to meet FDA quality and safety standards for gluten-free products (look for specially marked gluten free Quaker products)</p>
 <p>Quaker® Organic Instant Oatmeal</p>	<p>USDA-certified organic made with 100% whole grain oats</p>

*Product formulation and packaging and promotion may change. For current information, refer to packaging on store shelves.