

OAT FORMS & RECIPE IDEAS

WHOLE OAT GROATS



Whole oat groats are the starting point from where we get all of our other forms of oats. They are small and look like rice, in fact they also cook like brown rice. Whole oat groats are a great substitute for rice in many recipes, adding texture, nuttiness and protein to a dish. Some examples include:

- Whole Oat Groats & Quinoa Salad
- Carolina Peas and Rice
- Vegetable Stir-Fry

STEEL CUT OATS

Steel Cut Oats come in different sizes to give consumers a variety of cooking times, but they all get their start by being cut from a whole oat groat. Steel Cut Oats provide a dual texture experience, with their creaminess but al dente bite. Some dishes that benefit from Steel Cut Oats include:

- Steel Cut Oat RisOATo
- Spicy Vegetable Chili
- Mushroom Arancinis



OLD FASHIONED ROLLED OATS



The traditional oats you grew up with. Reliable, trust worthy, and still delivering heart healthy nutrition, but also a great canvas for new combinations. These oats are great in:

- Dried Mango & Chili Spiced Oat Clusters
- Matcha, Pistachio, Cocoa Nibs, and Mint Oatmeal
- Oat & Yogurt Breakfast Pudding

QUICK/INSTANT OATS

These oats are designed for easy and fast cooking. Whether for a quick bowl of oatmeal or to boost a smoothie. These smaller flakes bring new variety and opportunity to the usage of oats. Some examples:

- Summer Plum & Berries Smoothie with Oats
- Oat & Vanilla Custard
- Spicy Korean Meatballs

