

QUAKER OAT FLOUR 101



Quaker has spent 145 years finding modern ways to help people benefit from the taste, versatility and nutrition of whole grain oats. The new Quaker Oat Flour can be swapped for all-purpose or other wheat flours in many recipes such as quick breads to cookies, muffins and more.



Sometimes clients may be looking for alternative flours, like oat flour, to use in their favorite recipes. Quaker Oat Flour is a versatile baking ingredient straight from the oat experts.

Quaker Oat Flour can be substituted for wheat flour at a 1:1 ratio by weight. However, most home bakers use volume instead of weight to measure ingredients. Since Quaker Oat Flour is lighter than wheat flour, $1\frac{1}{4}$ cup Quaker Oat Flour = approximately 1 cup wheat flour.

Bakers who already use alternative flours know some experimentation may be needed when trying new recipes. In our kitchen, the level of moisture is often the key change needed. Specifically, when bakers are starting from either wheat or almond flours:

- Oats have higher levels of soluble fiber than wheat, meaning Quaker Oat Flour will gel and thicken faster than other grains. This means more liquid (or fat) may be needed to retain moisture in the final product.
- Almond flour has a naturally higher fat content. When substituting Quaker Oat Flour, you might need to increase the liquid (or fat) to get the same mouth feel or texture.
- In recipes that rely on yeast or gluten to rise, you can still increase the whole grain and fiber content of your baked goods. Consider substituting a portion (about $\frac{1}{3}$ of the amount in the recipe) of wheat flour with Quaker Oat Flour in recipes that require a rise before baking.

Tip: How to Use

Quaker Oat Flour works well in baked goods that are less reliant on gluten for rising and recipes that have a high moisture content. Your favorite muffins, cookies, quick breads, pancakes and waffles recipes are all ideal ways to use Quaker Oat Flour.

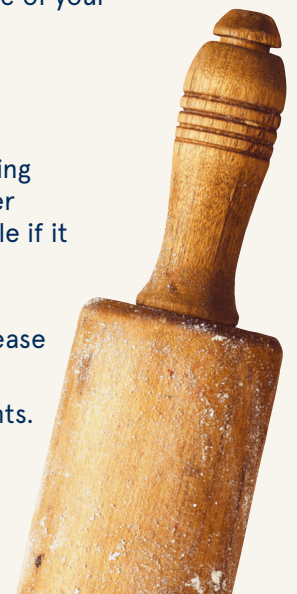


Get More from Your Baking

Here are some other tweaks you can make to your recipes that may impact the nutrition profile of your baked goods.

Tips:

- **Flavor:** Consider the flavor impact of your adjustments. Recipes with more ingredients or more complex flavors are usually more forgiving to changes. If you're substituting or reducing ingredients that don't provide the main flavor or texture profile to a recipe, you'll get better results. For example, lowering the amount of sugar in a muffin recipe may be less noticeable if it also has cinnamon or other sweet spices contributing to its overall flavor.
- **Balance:** Remember, not everything needs to be fat-free *and* lower in sugar. When you're adjusting a recipe, approach it holistically. Consider other ingredients you can add or increase such as liquid components for moisture or spices and extracts for flavor.
- **Value-Add:** Focus on what can be added to your recipes instead of just *removing* ingredients. Add nutrition with fruit, nuts, or whole grains. Experiment with savory baked goods that incorporate vegetables, spices and herbs. By substituting some, or all, of your all-purpose flour with Quaker Oat Flour, home-baked goods can benefit from the added whole grain and fiber content of oat flour while still maintaining taste.



Oat Flour Nutrition

Quaker Oat Flour is made with just one ingredient: heart-healthy* 100% whole grain oats.

*Diets rich in whole grain foods and other plant foods and low in cholesterol and saturated fat may help reduce the risk of heart disease.

One serving of Quaker Oat Flour (¼ cup or 30g) has:

- 3g of fiber, which is considered a good source of fiber
- 30g of whole grain
- Non-GMO Project Verified
- Contains no artificial flavors, colors, preservatives or sweeteners



Recipe to Try



Garden Oat Focaccia

Dawn Jackson Blatner, RDN

Servings: 12



Ingredients

- 2 cups Quaker® Oat Flour
- 1 Tbsp baking powder
- ½ tsp sea salt
- 2 cups 2% plain Greek yogurt
- 2 Tbsp olive oil
- 1 tsp dried rosemary

Decorative elements: Fresh chives, parsley, olive pieces, tomato pieces, red onion pieces



Directions

1. Preheat oven to 400°F.
2. Mix together oat flour, baking powder, and salt.
3. Stir in yogurt until a dough forms.
4. Brush 1 Tbsp olive oil onto a 10" cast iron skillet (or baking sheet).
5. Put dough into the skillet, flatten it until it touches the edges, and press fingertips deep into the dough to form dimples all around.
6. Top with the remaining 1 Tbsp olive oil, rosemary, and arrange the decorative elements to look like a garden of flowers.
7. Bake for 30–35 minutes, until golden.

FAQs

NUTRITION

- **Does a serving of Quaker Oat Flour (¼ cup or 30g) provide similar nutrients as a serving of Quaker Old-Fashioned Oats (½ cup or 40g)?**
Quaker Oat Flour is milled directly from Old Fashioned, Quick or Instant Quaker Oats. Ounce per ounce, Quaker Oat Flour provides similar amounts of vitamins, minerals and fiber as Quaker Oats. A serving of Quaker Oat Flour weighs less than a serving of Quaker Oats, so if you compare them on a per-serving basis the nutrition will vary slightly. Both are considered a good source of fiber per serving.
- **Is this product safe for my gluten free clients?**
No. This product is not certified 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.

SUBSTITUTIONS AND USES

- **What's the ratio to swap all-purpose flour for Quaker Oat Flour?**
Quaker Oat Flour can be substituted for all-purpose wheat flour at a 1:1 ratio by weight. However, most home bakers use volume instead of weight to measure ingredients. Since Quaker Oat Flour is lighter than wheat flour, we recommend 1¼ cup leveled unpacked oat flour to replace 1 cup leveled unpacked all-purpose flour.
- **How does this swap impact final taste, color and/or texture?**
Baked goods made with Quaker Oat Flour will have a darker color than those made with all-purpose flour. Oat flour will also bring a subtle sweet cereal and sometimes a nutty flavor. The texture will be relatively the same for recipes that do not require a rise.
- **Can I do a combination of both all-purpose flour and Quaker Oat Flour?**
Yes, you can swap out all or part of your oat flour for wheat flour if you are not baking something that requires a rise. We recommend replacing only a portion of the All-purpose Flour (about ⅓ of the recipe) if you're baking something that rises, like bread.
- **Do I need to make any other adjustments to my recipe?**
In our kitchen, Quaker Oat Flour tends to absorb more moisture compared to other flours. If you're swapping Quaker Oat Flour in for another kind of flour, your recipe may require more liquid than originally written to achieve the desired consistency.
- **What are the ideal recipes to use Quaker Oat Flour for?**
Quaker Oat Flour is best used in higher moisture baked goods and those less reliant on gluten to support rising. Great options include muffins, cookies, quick breads, brownies, pancakes, and waffles.
- **What types of recipes should you avoid when using Quaker Oat Flour?**
Quaker Oat Flour can be used in many recipes, but it does not rise the same way wheat flour does. When baking something that relies on gluten for its rise, we recommend only swapping out a portion (about ⅓ of recipe required) of wheat flour for Quaker Oat Flour.
- **Can Quaker Oat Flour be used as a thickening agent in hot dishes (e.g., chilis, stews, enchilada sauce)?**
Yes, Quaker Oat Flour will work well as a thickening agent. Due to its ability to absorb moisture, you might need less Quaker Oat Flour than you would wheat flour.

STORAGE

- **How should Quaker Oat Flour be stored?**
Similar to other flours, Quaker Oat Flour should be stored in a sealed container in a cool, dry place.
- **What is the shelf life of Quaker Oat Flour?**
Quaker Oat Flour has a shelf life of 12 months from date of packaging. Check product packaging for more information.
- **Can it be consumed raw or should it always be baked/cooked?**
Quaker Oat Flour should not be consumed raw and should always be baked/cooked.