



FEBRUARY 2024



Oats or oatmeal is a super grain when it comes to packing a nutritional punch. Cozy up with a bowl of warm oatmeal at breakfast time. The combination of protein and fiber are sure to keep you feeling full longer.

Use this versatile grain in smoothies, baked goods (such as cookies, breads, muffins and granola), meatloaf, meatballs, vegetarian burgers and no-bake energy bites.

Oats are a perfect heart-healthy staple to keep on hand during these cold, blustery winter months. Oats can be stored in their original package for up to 12 months and if opened can be stored in an airtight container for 6 to 12 months.

Looking for more ways to use oats? Visit [quakeroats.com/cooking-and-recipes](https://www.quakeroats.com/cooking-and-recipes) for more tips and tricks!

OATMEAL

PROTEIN

Oats are a great source of plant based protein, offering 4 g per 1/2 cup serving. Protein is essential for building and maintaining muscles, important in the wound healing process, and can also help us feel more satisfied and full at the end of a meal!

FIBER

It is recommended to get 25-30 grams of fiber per day for heart and digestive health. Oats provide a special type of fiber, soluble fiber, which helps to lower blood cholesterol levels. Fiber also assists in improving insulin response and helps to reduce blood sugar.

MAGNESIUM

Oats contain a mineral called magnesium. Magnesium is an important mineral for helping reduce the risk of hypertension, diabetes, osteoporosis, and migraine headaches in some. Other than oats, magnesium can be found in pumpkin seeds, chia seeds, and almonds!

HEARTY OATMEAL PANCAKES

Makes 4 pancakes

All you need:

- 1/4 cup All-Purpose flour
- 1/4 cup Whole Wheat flour
- 1/2 cup Hy-Vee Quick Oats
- 1 Tbsp. Hy-Vee Granulated Sugar
- 1 tsp. Hy-Vee baking powder
- 1/2 tsp. Hy-Vee baking soda
- 1/2 c. Hy-Vee skim milk
- 2 Tbsp. Hy-Vee egg substitute
- 2 Tbsp. Hy-Vee unsweetened applesauce
- Hy-Vee unsalted butter, optional
- Hy-Vee Select Maple Syrup, Optional
- Additional suggested toppings: unsweetened applesauce, thawed frozen fruit, peanut butter



All you do:

1. Combine flours, oats, sugar, baking powder and baking soda in a small bowl. Add milk, egg substitute and applesauce; mix until lumps have broken
2. Pour 1/4 cup batter for each pancake onto a hot griddle coated with cooking spray. Cook pancakes until tops are covered with bubbles and edges look dry; flip and cook other side
3. If desired, serve with butter and maple syrup or other desired toppings

Recipe source: hy-vee.com

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Nutrition questions or concerns?

Contact Hy-Vee Dietitian Katie Schaeffer at
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