



# OAT-INSPIRATIONS:

Delicious recipe ideas for  
Quaker Gluten Free Oats







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*When you make these recipes at home, be sure to look for ingredients labeled gluten free.*

OATS UNLEASHED

# GET OATSPIRED

Brought to you by Sam Stephens of 



## GLUTEN FREE COCOA INFUSED OATMEAL

### INGREDIENTS:

$\frac{3}{4}$  cup Quaker Gluten Free Quick  
1-Minute Oats  
 $1\frac{1}{4}$  cup almond milk  
 $\frac{1}{2}$  banana, sliced  
2 tbsps cocoa powder

2 tsps brown sugar

$\frac{1}{2}$  tsp vanilla extract  
Pinch of sea salt

**Optional Toppings:** coconut flakes, sliced almonds, chocolate chips, whipped cream

### PREPARATION:

Combine all ingredients in a small saucepan and cook on medium heat for 5-7 minutes, stirring frequently. Move oatmeal mixture into a bowl and add toppings of your choice.

*This recipe was developed by Sam Stephens.*

*When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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## GLUTEN FREE PEA & PARMESAN OATMEAL WITH LEMON AND MINT

### INGREDIENTS:

½ cup Quaker Gluten Free Quick  
1-Minute Oats  
1 tbsp olive oil  
1 shallot, minced  
1 cup peas, fresh or frozen  
2 cups vegetable stock

¼ cup reduced fat grated parmesan  
cheese (dairy-free cheese can be  
substituted), plus additional for topping  
1 tbsp fresh lemon zest  
¼ cup finely shredded mint leaves  
Salt and pepper to taste

### PREPARATION:

In a medium sauté pan, heat the oil. Add the shallot and cook for 3 minutes. Add the oats and stir occasionally over low heat for 2-3 minutes, until oats and shallots are slightly golden, toasted and fragrant. Add the peas and vegetable stock. Stir to combine and cook for 3-5 minutes or until thickened. Stir in ¼ cup parmesan, lemon zest and mint. Season with salt and pepper to taste and serve with extra parmesan on top.

*This recipe was developed by Sam Stephens.*

*When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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Brought to you by Amanda Carlisle



## SAVORY CUBAN OATMEAL

### INGREDIENTS:

- |  |                                      |
|--|--------------------------------------|
| 1 cup Quaker Gluten Free Quick 1-Minute Oats | 1 cup of canned black beans (rinsed) |
| 1 $\frac{3}{4}$ cup chicken stock or broth   | 1 clove garlic, minced               |
| $\frac{1}{4}$ diced green pepper             | 1 tbsp olive oil                     |
| $\frac{1}{2}$ cup diced onion, divided       | 1 tsp balsamic vinegar               |

### PREPARATION:

In a 2 quart or larger sauce pan sauté green pepper,  $\frac{1}{4}$  cup of onion, and garlic in olive oil until onion is translucent. Pour in the chicken stock, vinegar, beans, and oats. Stir. Cook for 1 minute over medium heat stirring occasionally. Spoon into a bowl and top with additional diced onions as desired.

*This recipe was developed by Amanda Carlisle from [www.afewshortcuts.com](http://www.afewshortcuts.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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Brought to you by Amanda Paa



## SAVORY BACON OAT FRITTERS WITH AVOCADO

### INGREDIENTS:

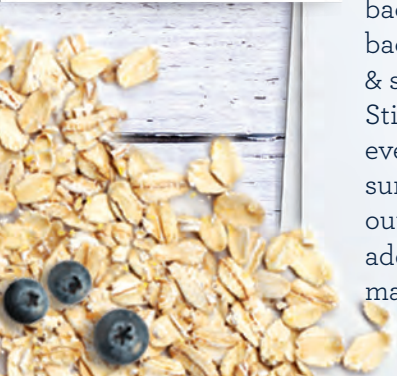
1 ¼ cup Quaker Gluten Free Quick  
1-Minute Oats  
1 ½ cups + 1 tbsp water  
¼ tsp each of salt and pepper

⅛ tsp garlic powder  
1 ½ tbsp minced fresh chives  
1 tbsp olive oil  
½ cup mashed avocado

### PREPARATION:

Heat 10-inch skillet to medium high heat. Cook bacon until crispy, turning as needed. Remove bacon & let drain on paper towel. When cool, crumble into small pieces. Leaving 1 tbsp of bacon fat in the pan, return to medium heat & add dry oats. Sauté about 3 minutes. Add water & stir turning the heat down to med/low. Cook 4 minutes, until oats are cooked but not mushy. Stir in the bacon, salt, pepper, garlic powder, & chives. Cook an additional 1 min. Spread oats evenly onto parchment paper lined 8-inch cake pan & press down firmly to make the top a flat surface. Refrigerate for 40 min. Remove from refrigerator & gently flip pan over so the slab falls out. Use a small biscuit cutter to make 6-7 rounds. Heat olive oil in a skillet to med/high heat, & add 4 fritters. Cook 3 min. on each side. Repeat with remaining fritters. Serve topped with 1 tbsp mashed avocado per stack of two fritters.

*This recipe was developed by Amanda Paa from [www.heartbeetkitchen.com](http://www.heartbeetkitchen.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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Brought to you by Brynne Cramer



## SOUTHWEST STYLE OATMEAL

### INGREDIENTS:

½ cup Quaker Gluten Free Quick  
1-Minute Oats  
1 cup milk or water  
salt (to taste)  
¼ tsp chili powder

⅛ tsp cumin  
1 egg  
¼ cup of your favorite salsa  
¼ diced avocado  
**Optional:** shredded monterey jack cheese

### PREPARATION:

Prepare oats according to package. Stir in chili powder and cumin. Set aside. Cook egg as desired. My husband liked this recipe with a poached egg. I preferred scrambled. Layer oats, egg, salsa, avocado and cheese. Top with salt and pepper. Enjoy!

*This recipe was developed by Brynne Cramer from [www.glutenfreehungrygal.com](http://www.glutenfreehungrygal.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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Brought to you by Cara Reed



## HOMEMADE OATMEAL BREAKFAST BARS

### INGREDIENTS:

2 cups Quaker Gluten Free Quick

1-Minute Oats

2 ripe bananas

1 tbsp flaxseed meal

1 tbsp chia seeds

1 tbsp dry quinoa

2 tbsps brown sugar

¼ cup walnuts (or nuts of choice)

1 tsp baking powder

½ tsp sea salt

¼ tsp cinnamon

**Optional:** ¼ cup dark chocolate, melted

### PREPARATION:

Preheat oven to 350°. Grease an 8" x 8" pan. Mash ripe bananas with the back of a fork until smooth. Place 1 cup of oats along with the remainder of the ingredients into a food processor. Pulse several times. Mix in remainder of oats with a spoon. Stir in oat mix with the mashed bananas until coated. Pour into greased pan and gently pat down until batter is spread. Bake for 20-25 minutes or until the edges are lightly browned. Allow to completely cool. Cut into 9 squares and drizzle with melted dark chocolate (optional).

*This recipe was developed by Cara Reed from [www.forkandbeans.com](http://www.forkandbeans.com).*

*When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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Brought to you by Elle Kirschenbaum



## MAPLE & BROWN SUGAR BARS

### INGREDIENTS:

3 cup Quaker Gluten Free Quick 1-Minute Oats	½ cup packed brown sugar
16 tbsps butter	1 tsp vanilla extract
2 tbsps maple syrup	¼ cup water
	9 oz white chocolate

### PREPARATION:

Line an 8" x 8" baking pan with parchment paper in a crisscross pattern. Make sure the paper overhangs the edges of the pan. In large saucepan, melt the butter over medium heat. Stir in the brown sugar and vanilla, then add the oats and water. Stir thoroughly. Cook covered over medium/low heat for 10 min. Stir halfway through. Uncover and stir until butter is absorbed and ingredients are combined. Press two thirds of the mixture into the bottom of the pan. Place white chocolate and maple syrup in a bowl set over simmering water. Stir until combined. Spread the chocolate over the crust in the pan with a sharp knife and smooth with the back of a spoon. Crumble the remaining oat mixture on top and press. Cover and refrigerate at least 2 hours. Bring to room temperature before cutting into 9 bars.

*This recipe was developed by Elle Kirschenbaum from [www.onlytastematters.com](http://www.onlytastematters.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*

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Brought to you by Kelly Courson



## MINTED PEAR, OAT & CRANBERRY SPA BREAKFAST BOWL

### INGREDIENTS:

¼ cup Quaker Gluten Free Quick 1-Minute Oats	1 mint tea bag
1 diced anjou pear	Hot water
3 tbsps dried cranberries	½ tbsp honey

### PREPARATION:

Bring about 2 cups of water to boil. About two cups. Place ¼ cup Quaker Gluten Free Oats in cereal bowl. Add chopped Anjou pear and 3 Tbsp dried cranberries. Cut open mint tea bag and sprinkle entire contents over bowl. Pour hot water over contents to cover (this will not be like thick oatmeal, but a bit watery; more like tea with bits of oatmeal). Drizzle honey to taste and mix contents. Pretend you're at a luxury spa on vacation and savor.

*This recipe was developed by Kelly Courson from [www.celiacchicks.com](http://www.celiacchicks.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*



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Brought to you by Lauren Vasser



## VANILLA & ALMOND OATMEAL COOKIES

### INGREDIENTS:

3 cups Quaker Gluten Free Quick  
1-Minute Oats  
1 cup of smooth almond butter  
1 tbsp pure vanilla extract  
¼ cup unsweetened cocoa powder

8 tbsps coconut oil  
½ cup almond milk  
A few dashes of cinnamon  
Salt to taste

### PREPARATION:

Mix into medium saucepan: almond milk, sugar, cocoa and coconut oil and bring to a boil. Stir occasionally. Once it's boiling, let it boil for one minute and then remove the saucepan from off the stove. Here's where it gets good. Add in the salt, vanilla, almond butter, vanilla and gluten free Quaker oats and stir. Scoop out spoonfuls of the cookie mix onto a baking sheet onto parchment paper. Let them cool until cookies are nice and firm. It usually takes about 35 minutes. Enjoy!

*This recipe was developed by Lauren Vasser from [www.theceliacdiva.com](http://www.theceliacdiva.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*

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Brought to you by Meg Van Der Kruik



## BAKLAVA MORNING OATS

### OAT INGREDIENTS:

- 1 cup Quaker Gluten Free Quick 1-Minute Oats
- 1 ¾ cup or 1 litre lite coconut milk
- 2 tbsps orange blossom honey
- 1/8 tsp kosher salt

### TOPPING INGREDIENTS:

- ¼ cup roasted unsalted pistachio pieces
- ¼ cup roasted unsalted pecan pieces
- ¼ cup roasted unsalted walnut pieces
- ¼ cup shredded sweetened coconut
- 2 tbsps melted butter
- 2 tbsps orange blossom honey
- ½ tsp ground cinnamon
- ½ tsp vanilla extract
- ¼ tsp ground cardamom
- ⅛ tsp ground cloves
- ⅛ tsp kosher salt

### PREPARATION:

Stir pistachios, pecans, walnuts, and coconut in bowl. In a separate dish whisk together butter, honey, cinnamon, vanilla, cardamom, cloves and salt. Pour the ingredients over the nut mixture and stir. Heat coconut milk, honey and salt over medium-high heat until boiling. Stir in Quaker Gluten Free Oats, cook for 1 minute, then remove. Oatmeal will thicken as it cools. Divide oatmeal between two serving bowls then divide the baklava topping between the bowls. Serve immediately.

*This recipe was developed by Meg Van Der Kruik from [www.beardandbonnet.com](http://www.beardandbonnet.com).  
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Brought to you by Sharon Lachendro



## CHOCOLATE PEANUT BUTTER OATMEAL SMOOTHIES

### INGREDIENTS:

½ cup Quaker Gluten Free Quick 1-Minute Oats	2 tbsps natural peanut butter
1 cup ice cubes	1 tbsp cocoa powder
1 cup 1% milk/unsweetened coconut milk	1 tbsp honey (or to taste)
	1 tsp vanilla extract

### PREPARATION:

Add the oats to the blender canister and blend until they become a fine powder. Add the ice, milk, peanut butter, cocoa powder, honey, and vanilla extract and blend until smooth. Pour into a glass and enjoy!

*This recipe was developed by Sharon Lachendro from [www.whattheforkfoodblog.com](http://www.whattheforkfoodblog.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*

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Brought to you by Sarah Menanix



## SWEET ZING GINGER OATMEAL GREEN SMOOTHIE

### INGREDIENTS:

½ cup Quaker Gluten Free Quick  
1-Minute Oats  
10-12 ice cubes  
1 ¼ cup frozen pineapple  
1 ¼ cup frozen mango  
2 cups packed fresh spinach

25 fresh mint leaves  
3 cups fresh squeezed orange juice  
2 tbsps coarsely chopped fresh ginger  
**Optional:** Bee pollen for garnish

### PREPARATION:

Layer all of the ingredients in order in a high-powered blender. Purée until completely smooth, adding more orange juice if needed. Divide between two large glasses and serve immediately (or keep it overnight in the fridge to thicken up even more).

*This recipe was developed by Sarah Menanix from [www.snixykitchen.com](http://www.snixykitchen.com).  
When you make this recipe at home, be sure to look for ingredients labeled gluten free.*





**BON  
APPETIT!**

