



10 Easy Breakfast Ideas with OATS

gluten-free

oil-free

sugar-free

dairy-free

Oats are among the healthiest grains on earth. They're a gluten-free whole grain and a great source of important vitamins, minerals, fiber and antioxidants. Oats and oatmeal have many health benefits. These include weight loss, lower blood sugar and cholesterol levels and a reduced risk of heart disease. Perfect, easy and versatile for breakfast, they are available in different versions - from the most unprocessed whole oat groats to more processed rolled oats and most processed oat flakes and oat flour. Here I am sharing with you my favorite breakfast recipes with oats. Enjoy them and hopefully they will become your favorite too!

In good health,

Victoria Barayev

REFERENCE: VICTORIABARAYEV.COM



One Minute Creamy Raisin Oat Bran

1 cup oat bran
2.5 cups water
3 tsp raisins or other berries
¼ tsp cinnamon
1/8 tsp sea salt

Bring water to a boil in a small saucepan. Carefully whisk in the oat bran. Add raisins, salt, and cinnamon. Continue to whisk for one minute or until oat bran becomes creamy. Serve right away. Variation: Top porridge with your favorite berries, chia, or ground flax seeds.

High Energy Breakfast Bowl



- ½ cup old-fashioned rolled oats
- 1 cup almond milk (cold or heated)
- ¼ cup fresh blueberries
- 1 tsp raisins
- 1 Tbsp chopped almonds or walnuts
- ½ banana, sliced
- 1 tsp ground flaxseeds
- ¼ tsp cinnamon (optional)

Top rolled oats with milk and let sit for 5-10 minutes. Add all other ingredients and enjoy.



Quick Hot Apple- Cinnamon Rolled Oats

- 1 cup rolled oats (not oat flakes)
- 2.5 cups of water
- 1 cup unsulphured dried apples, chopped
- 1 pinch of sea salt
- ¼ tsp cinnamon

Place all ingredients in a heavy, preferably cast iron saucepan. Covered, bring to a boil over medium flame. Cast iron or heavycookware helps to conserve heat and, therefore, shortens cookingtime. Allow 10 minutes to simmer until oats become creamy and soft.



Creamy Steel Cut Oats

- 1 cup steel cut oats
- 4 cups water
- ¼ tsp sea salt
- ¼ tsp cinnamon
- 1 cup dried or fresh fruit of your choice
- 1 tsp chia seeds or flax meal

Place all ingredients in a saucepan, cover, and bring to a boil. Cook over low flame for 30 minutes. Serve garnished with chia seeds or flaxseed meal.



Deeply Nourishing Overnight Oats

- 1 cup whole oats
- 5 cups water
- ¼ tsp sea salt
- ¼ tsp cinnamon
- 1 cup dried fruits as apples, raisins, apricots

Place all ingredients in a cast iron pot. Bring to a boil. Transfer the pot onto a flame deflector. Cook covered over a low flame overnight.



Easy Flourless Bran Pancakes

1 cup oat bran
¼ tsp salt
1/2 cup applesauce
2 cups almond milk

Make a mixture. Allow to sit and absorb moisture for 5-10 minutes. Cook in a heated non-sticking pan. I use ceramic titanium Scanpan skillet. Spoon the pancakes into a skillet cover the pan and fry until brown. Turn over and let brown on the other side. pancakes go well with applesauce.



Oat Pancakes

- 1 cup oat flour
- 1 cup brown rice flour
- ½ tsp sea salt
- ½ tsp baking powder
- 1 ¼ cup almond milk
- 2 tsp apple cider vinegar

In a bowl, mix dry ingredients first. Then whisk in the liquids. Preheat your griddle or the dry-cook skillet. Then spoon a ¼- ½ cup of batter into the pan or griddle. Wait till bubbles form. Flip over and give it another minute to brown. You can make several pancakes at a time. Serve with your favorite jam or blended fruits and berries.



So Filling Squash – Oatmeal Pudding

2 cups canned squash puree
½ cup extra thick rolled oats
1 cup oat milk
¼ tsp sea salt
½ cup raisins
¼ tsp cinnamon
1 tsp vanilla
½ cup toasted sliced almonds

Place squash in a saucepan. Add rolled oats, milk, raisins, sea salt, and set on the stove over medium high heat. Cover and bring to a boil. Lower the flame and cook for 10 minutes. Add cinnamon and vanilla. Optionally, puree it with a hand blender. Serve garnished with almonds. This pudding is great when served hot. It will thicken as it chills.



Apple Bran Breakfast Muffins

2 grated apples
1.5 cup oat bran
1.5 cup brown rice flour
½ cup flax meal
½ cup coconut flour
2 tsp baking powder
½ tsp cinnamon
½ tsp sea salt
Water upto 2 cups

Preheat oven to 375 F. Mix all ingredients in a bowl. Line muffin tin baking sheet with parchment cups. Fill up with the muffin dough. Bake for 1 hour.



Oat Yogurt with Homemade Granola and Berries

2 cups whole or steel cut oats

6 cups water

1 tsp. White or red miso paste

1 cup gluten free rolled oats

1 cup flaxseed meal

$\frac{3}{4}$ cup brown rice flour

1 cup coarsely chopped walnuts, almonds, or pecans

1 tsp cinnamon

$\frac{1}{2}$ cup dried currants or raisins

$\frac{1}{2}$ tsp. sea salt

$\frac{1}{2}$ cup water or non-dairy milk

$\frac{1}{2}$ cup maple syrup or rice syrup

1 tsp. vanilla

Place oats in a heavy saucepan, pour water, bring to a boil, and cook on low with a closed lid for 1-1.5 hours. Transfer oatmeal into a glass or porcelain bowl and add miso. You can add 1-2 tablespoons of the yogurt from the previous batch as a starter. Cover the bowl with a bamboo mat and leave near the stove for 3-4 days, or for 24 - 36 hours, if using starter. Blend yogurt in a mixer, place in a glass jar and store refrigerated. To make granola: preheat oven to 350F/175C. Mix all dry ingredients in a large bowl. Add milk and vanilla and rub into the mixture. Add rice or maple syrup to the bowl and mix in with a fork. Transfer onto a baking sheet lined with parchment paper. Bake for 10-15 min. Mix well again and continue baking for 20 more min. or until nicely browned. Place granola in a jar and store in the pantry.

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