



BALANCE | GLO

Oats 5 Ways

5 Delicious Oat Based Recipes





Oats aren't just for porridge! With our new 5 day plan, Evelyn shares 5 delicious oat based recipes incorporating breakfast and snack dishes.

Evelyn will also educate you on the benefits of eating oats, including having a positive impact on gut health and digestion, being a source of key nutrients, lowering cholesterol, and boosting your energy. Plus, you'll learn about the different types of oat cereal and what to look out for when at the supermarket to maximise their benefits. At the end of this plan, you'll have the tools and the inspiration to create your own recipes that are simple to make, delicious and nutritious!

Love Jen + Ev xxx



Evelyn Joyce, Co-Founder

Intro to Oats

Evelyn is one of the co-founders of Balance and Glo, with a passion for demonstrating that eating healthily doesn't have to be onerous, costly or complicated. It's about focusing on whole foods, having a diverse and colourful diet, and planning ahead. Evelyn recently found out that her daughter has a nut allergy, therefore all recipes in this plan are either nut free or can easily be adapted to remove the nuts. She promotes a diet rich in plants but is not vegan. All recipes can again be easily tweaked to sub out any animal based products.

Oat consumption goes back thousands of years. In fact the earliest evidence of human consumption dates to more than 30,000 years ago when wild oats were ground into a porridge like oatmeal. They deliver numerous nutritional benefits including having a positive impact on gut health, digestion, consumption of vitamins and minerals, lowering cholesterol, and increasing energy. Read about each of these benefits in more detail below.

Gut Health

Our gut and microbes influence our immune system, our skin, our brain and our mood. Oats can help keep our gut happy - high in gentle fibre (helping to keep us regular :-P), but also feeds the friendly bacteria in our gut. This results in an increase in friendly bacteria allowing us to absorb more nutrients from our food, whilst it also results in the production of butyrate which helps to keep the gut wall healthy.

Digestion

National guidelines recommend that adults eat approximately 30g of fibre per day (however, most of us are only hitting 18g).

A diet high in fibre has been shown to reduce the risk of heart disease, stroke, type 2 diabetes and bowel cancer. Up your fibre intake with one of my recipes from the plan (start the day with some blended oats, or refuel mid morning with a banana bread flapjack).

Nutrients

Oats contain essential vitamins and minerals, including vitamin B and E, iron and magnesium. They also help the body produce more melatonin, helping to promote alertness during the day and induce sleep at night.

Vitamin B helps our cells produce energy from our food, iron supports a healthy immune system and has an important role in cognitive function, whilst magnesium has a number of different roles (including maintaining strong teeth and bones, supporting muscle function, and the nervous system).

Cholesterol

Beta-glucan is found in oats, it's a type of soluble fibre which has been shown to lower cholesterol. It absorbs a large amount of water, forming a thick gel in the stomach. This gel traps cholesterol in the digestive system, and therefore reduces the amount of cholesterol circulating in the blood.

To benefit, it is recommended that you eat 3g of beta-glucan daily as part of a healthy diet and lifestyle. Achieve this with 3 servings of any of the foods below:

- A bowl of porridge (using 30g of porridge oats)
- 13g (1-2 tablespoons) of oatbran – sprinkled onto cereals, or added to casseroles, soups or smoothies
- 1 oat breakfast biscuit
- 1 30-35g serving of oat breakfast cereal flakes
- 3 oatcakes

Pearl barley and rye also contain beta-glucan.

Energy

Oats are a rich source of fibre, vitamins and minerals (as discussed above). The nutrients they contain help to transform the carbohydrates in our food into usable energy so you can make the most of your day. The energy that they produce is released slowly to give you energy that lasts.

Gluten Free

Many people don't realise that oats are naturally gluten free, however they can become contaminated with other grains during the growing and milling processes. That's why you should opt for gluten free oats if you have coeliac disease or have a gluten intolerance.



Types of Oats

All oat products start out as oat groats (whole toasted oat grains). The hull has been removed (the outer edge) but the bran, endosperm and germ are still intact. Oat groats take a long time to cook but are great for adding texture to dishes that are cooked slowly for example stews or risottos.

Most oat groats are processed into more versatile oat-based products. Apart from oat bran (see below), all oats are wholegrain (they still contain all 3 parts of the grain). Refined grains have had the bran and germ removed, so contain less nutrients.

Oatmeal

There are two different types of oatmeal, steel cut and stoneground, they are the least processed form of oat cereal. Steel cut is when the groats are cut into 2-4 pieces with a sharp metal blade. They take about 15 minutes to cook (although you can reduce the cooking time by soaking in water over night), they have a nutty flavour, good texture and work well in porridge. Whereas stoneground is when the groats have been ground into small, flat pieces. They have a slightly shorter cooking time, around 10 minutes, and have a creamier consistency when cooked as porridge. They also work well as a crumble topping and can also be used as a thickening agent for soups, sauces and gravies - see it's not just about porridge!

Porridge oats

Most porridge oats in the supermarket are rolled oats (also known as old-fashioned oats). This is when oat groats are softened by steaming and then are rolled into flakes. As a result they absorb liquid quickly, and therefore the cooking time is just 5-10 minutes when making porridge. They can also be eaten without cooking for more texture. You will find a range of thicknesses, e.g. jumbo oats (which are thicker and have more texture) and quick oats (that are thinner and have less texture).

As well as porridge (obviously!), porridge oats can also be used in pancakes, granolas, flapjacks and smoothies.

Instant oats

Instant oats are made by finely rolling and chopping oat groats so they cook quickly. They are often packaged in individual sachets or pots and are heated by adding boiling water and stirring. Although they are convenient, they are a less sustainable option (due to increased packaging) and often include added sugar. In addition, you may find yourself less satisfied with these oats as they release energy at a quicker rate and have less texture, when compared to rolled oats and oatmeal.

Oat flour

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Oat bran

This is the outer layer of the oat groats, as mentioned above it is not a wholegrain but it does still contain lots of fibre and antioxidants, as well as being a good source of beta-glucan. Add a sprinkle on your breakfast cereal for a nutrient boost.



Ideas for increasing your oat intake

I will remind you, it's not all about porridge (although it is a great way to start the day!), as well as the recipes included in this plan, other ways to include more oats in your diet includes:

- Preparing a batch of overnight oats (check out day 4 to experiment with blended overnight oats) - for a simple overnight oat recipe (serves 2), mix together 100g porridge oats, 1 banana, 1 tbsp chia seeds, 1 tbsp of peanut butter and 300ml of oat milk and pop in 2 airtight containers in the fridge overnight. In the morning add your choice of toppings (for extra texture and a nutrient boost) for example berries, toasted nuts and seeds.
- Adding a tbsp of oats to your smoothie or yogurt.
- Enjoying some oat crackers as a mid-morning or afternoon snack with hummus .
- Blend oats into a soup - helps to create a creamy texture. Add 40g of oats with your liquid and cook for 10-20 minutes before blending. If you're making a chunkier soup, add 40g of steel cut oats instead of barley or rice.
- Try a savoury porridge dish - rather than using milk or water to cook your oats, try a chicken or vegetable stock. Dissolve your stock cube in around 250-350ml of boiling water (depending on your consistency preference), and use it as you would water or milk. Then it's all about the toppings, think about adding poached eggs or soft boiled eggs, and then switching fruit for vegetables (e.g. tomatoes, sautéed garlic mushrooms, avocado and fresh herbs).



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RECIPE MENU

Nut Free Granola

Banana Bread Flapjacks

Oaty Pancakes

Blended Overnight Oats

Coconut and Pear

Porridge

I am a big fan of oats and most mornings you'll find me enjoying a big bowl of warming porridge. But every now and then I like to mix things up, whilst still maintaining my commitment to the oats! At the weekends I love a oaty pancake stack (check out day 3) or if I know I'm going to be short on time I will make a batch of overnight oats for the whole family (check out day 4 for a twist on the overnight variety).

If you're on the go, be sure to try my Banana Bread Flapjacks, quick to make and the perfect lunchbox snack.

Hope you enjoy these recipes as much as I do.

Love Ev xxx

DAY 1



NUT FREE GRANOLA

Servings: 1 large jar | Time to create: 35 minutes

This granola is made with tahini (ground sesame seed paste), giving it a slightly nutty, toasted flavour. It's nut free, but one of the best things about homemade granola is customising it to your pallet. Switch in your favourite nuts in place of the seeds, your favourite dried fruit in place of the cranberries, and your favourite spice in place of the cinnamon (cardamon works well here).

METHOD

1. Preheat the oven to 150°C. Add the dates, tahini and water to a food processor and blend on high until creamy.
2. Add the oats, seeds and cinnamon into a large bowl and mix. Then add the date mixture and stir until well combined.
3. Spread the granola mixture onto a lined baking tray (push down with the back of the spoon to help clusters form). Bake for 25-30 minutes. Stir the granola every 10 minutes to prevent burning and ensure an even bake. Add the coconut flakes for the remaining 5 minutes.
4. Allow the granola to cool before adding the cranberries. Store in an air tight container.

INGREDIENTS

- 150g dates
- 100ml tahini
- 3 tbsp water
- 300g oats
- 100g mixed seeds
- 40g dehulled hemp seeds
- 20g chia seeds
- 50g dried cranberries
- 40g coconut flakes
- 1 tsp ground cinnamon

Top tips: If your dates are slightly dry, soak in boiling water for 10 minutes before draining and adding to your blender.

Make this granola a little indulgent with some chunks of dark chocolate mixed in once the granola has cooled, or add some grated!



BANANA BREAD FLAPJACKS

Servings: 9 Flapjacks | Time to create: 25 minutes

This is such a simple recipe yet still a crowd pleaser. I recently made a batch for my 1-year old's 1st Birthday Party (they were a hit with the adults and kids alike). They travel well so are great for popping in the lunchbox, or in your rucksack to fuel adventures.

METHOD

1. Preheat the oven to 180°C/160°C fan/gas mark 4 and line a non-stick tray with greaseproof paper.
2. In a large bowl, mash the bananas add the coconut oil, maple syrup and vanilla essence.
3. In a separate bowl stir together the oats, ground cinnamon and chia seeds, before adding to the banana mixture. Stir together until everything is well combined.
4. Pour the mixture into the tray and pat down with the back of a spoon until smooth. Slice the remaining banana into 9 pieces and press these evenly across the top of the flapjack mixture.
5. Bake for 15 - 20 minutes, or until golden brown. Allow to cool completely before cutting into 9 even squares.

INGREDIENTS

- 350g porridge oats
- 4 ripe bananas (+1 sliced for decoration)
- 3 tbsp honey/maple syrup
- 4 tbsp coconut oil
- 1 tsp vanilla essence
- 30g desiccated coconut
- 2 tbsp chia seeds
- 2 tsp cinnamon

Top Tips: opt for extra ripe bananas (you're looking for the brown and spotty ones) as these are sweeter than their less ripe counter parts.



OATY PANCAKES

Servings: 10 pancakes | Time to create: 25 minutes

This is a favourite weekend recipe of mine. The toppings really make pancakes, so make sure you choose wisely! If you have any left, store in an air tight container in the fridge (2-3 days), for a great mid afternoon snack.

METHOD

1. Place the oats, oat milk, maple syrup and vanilla essence in a high speed blender and blitz until smooth.
2. Add the flour, baking powder, ground cinnamon and salt into a mixing bowl and stir until well combined. Add the wet mixture and whisk to form a pancake batter. If too thick, add 1-2 additional tbsp of oat milk.
3. Warm a frying pan over a medium heat and add 1/2 tsp coconut oil. Add 2 tbsp of batter per pancake into the pan. Cook for 2-3 minutes on one side, when the edges are starting to dry and bubbles form on the top, carefully flip before cooking for an extra 1-2 minutes. Continue cooking until you have used all of the mixture.

INGREDIENTS

- 80 g rolled oats
- 240 ml oat milk
- 1 tsp maple syrup
- 1 tsp vanilla extract
- 80g spelt flour
- 1 tbsp baking powder
- 1/2 tsp ground cinnamon
- Pinch of salt
- Coconut oil for cooking
- Topping inspiration: fresh berry compote (see top tips), your choice of nuts or seeds (toast for extra flavour), edible flowers, sliced banana, an extra drizzle of maple syrup or your choice of nut butter!

***Top tip:** To make a warm fruit compote add 2 handfuls of fresh or frozen berries to a pan over a medium heat. Add 2 tbsp of water and a squeeze of lemon juice. Cook for 10-12 minutes, until the fruit has broken down or has reached your desired consistency. Make a little sweeter by adding maple syrup or honey. You could also make it into a jam by adding a tbsp of chia seeds, stir and leave to set for at least 5 minutes.*



BLENDED OVERNIGHT OATS

Servings: 2 | Time to create: 5 minutes (plus overnight in the fridge)

Mix up your overnight oats, by blending the ingredients for a smooth and creamy consistency. Pop in the fridge the night before and enjoy a healthy grab-and-go breakfast the next morning. Boost it's nutritional profile by adding some toppings from the list.

METHOD

1. Pop all the ingredients in a blender and blitz until smooth. Decant between two air tight containers and leave to set in the fridge overnight.
2. In the morning add your choice of toppings, sit back and enjoy!

INGREDIENTS

- 1 small banana
- 50g raspberries
- 50g blueberries
- 55g oats
- 1 tbsp chia
- 180ml oat milk
- Toppings: yogurt, fresh fruit, sprigs of mint, chia seeds and flakes of coconut

***Top tips:** You can easily bulk make this recipe to set you and your family up for the week and then keep it exciting by adding different toppings. This is also a great recipe for babies due to its smooth consistency - my 1 year old daughter is a big fan.*



COCONUT + PEAR PORRIDGE

Servings: 2 | Time to create: 15 minutes

It would be wrong to not have a porridge recipe on an oat plan, so I decided to share a slightly fancy recipe. The coconut milk makes this recipe super creamy and the hazelnuts provide a welcome crunch.

METHOD

1. Place the oats, coconut milk, boiling water, orange zest and vanilla essence into a pan over a medium heat. Cook for 10-15 minutes until the mixture has thickened to a creamy consistency.
2. Grate the pear and stir until the porridge, cooking for a further 2 minutes.
3. Decant between two bowls and top with matchstick slices of pear, the blackberries and hazelnuts. Dust with ground cinnamon.

INGREDIENTS

- 100g porridge oats
- 175ml unsweetened coconut milk
- 300ml boiling water
- Zest of half an orange
- 1/2 tsp vanilla essence
- 1 pear (plus some matchstick slices for a topping)
- 1 handful of blackberries
- 1 tbsp of hazelnuts (halved) - toast in a dry pan for extra flavour
- Ground cinnamon for dusting

***Top Tips:** Opt for jumbo oats for added texture.*

Experiment with different flavour combinations - apple works great instead of the pear. You can also try different toasted nuts and seeds as a topping.