

# JANUARY IS National Oatmeal Month

Warm up this winter with a hearty bowl of oats,  
Enjoy them sweet or savory; whichever floats your boat.  
Prepare them with water or a milk of your liking,

Then add extra fixings to make it exciting.

Alone, they're a great source of protein, iron and fiber  
But a mix of add-ins sends your nutrient intake higher!



**Prepare a bowl of plain oatmeal (steel cut or old-fashioned oats),  
then incorporate 1-3 of the ideas from either list:**

## Sweet:

- Mixed berries
- Handful of nuts (any kind)
- 1-2 Tbsp. nut or seed butter
- Sliced peaches, pears, or apple
- Pumpkin puree or applesauce
- Roasted squash or sweet potato
- Add a dash of vanilla or pumpkin pie spice
- Flavor with spices like cinnamon or nutmeg
- Sweeten with mashed banana instead of sugar

### Preparation Tip:

Cook oats with water from boiled fruit (like apples)

## Savory:

- Sliced avocado
- Smoked salmon
- A sprinkle of cheese
- Sautéed mushrooms
- Fresh or dried herbs
- Any roasted vegetables on hand
- Pepita, sunflower, or sesame seeds
- Cooked greens (kale, spinach, etc.)
- Top with an egg (fried/poached/soft-boiled)

### Preparation Tip:

Cook oats with low-sodium broth or stock

## Extra Tips to Boost Nutrition:

- Stir in 1-2 egg whites while preparing oats to make them fluffy and increase protein
- Compliment your oats with other cooked whole grains like barley, brown rice, millet, or quinoa
- Add spoonfuls of yogurt (plain or a flavor you prefer) for extra creaminess, protein, and calcium

In honor of National Oatmeal Month,  
Home-Delivered Meal clients will receive a complimentary packet of oatmeal  
in addition to one meal in January

