



Community and Public Health

Outstanding Oats

Kia ora koutou,

When we talk about oats, many of us think of warm, creamy porridge in winter, crunchy Anzac biscuits, or satisfying oatly muesli bars. Oats generally come in two varieties - rolled and wholegrain. They are affordable, versatile, nutritious and delicious! Rolled oats are slightly faster to cook. Wholegrain oats that're soaked overnight will cook fast too, and they have a beautiful nutty taste. Both are useful additions to every pantry because they can be used to make hot porridge on cold winter mornings, bircher muesli, baking, smoothies... and the list goes on.

Oats are a wholegrain cereal high in carbohydrates, contains small amounts of protein and some vitamins and minerals. Most of the carbohydrate component in oats is slow-release, giving you a sustained, controlled source of energy for longer – it is efficient fuel! Oats are also very high in fibre (particularly soluble fibre), which helps keep you feeling full for longer, promotes regular bowel motions, supports blood glucose control, and lowers cholesterol.

Microwave Porridge (serves one)

- ½ cup wholegrain or rolled oats
- 1 ¼ cups water

Place oats and water in an uncovered bowl and cook for 1 minute 30 seconds, stir and cook for 1-2 minutes longer.

Top with your favourite topping.

Tip: If cooking porridge for a family of four, cook 2 cups of oats with 5 cups of water in a saucepan or in the microwave. This may take a little longer. If you are adding milk, we suggest using low-fat milk.

Topping ideas



Sliced banana + peanut butter



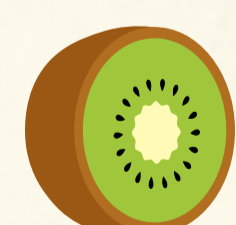
Frozen berries*, yoghurt, pumpkin seeds



Mandarin + yoghurt + light drizzle honey



Grated apple + cinnamon + small amount brown sugar



Sliced kiwifruit + drop vanilla essence + desiccated coconut

*Cook frozen berries in boiling water or in microwave to avoid risk of catching Hepatitis A