



Oats

# XCentric Ideas



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Recipe ideas: Internet  
Photos: Alma Pretorius

# Eat more Oats ... why?

*Although oats are naturally gluten-free, they are sometimes contaminated with gluten. That's because they may be harvested and processed using the same equipment as other grains that contain gluten.*

- Oats Are Incredibly Nutritious
- Whole Oats Are Rich in Antioxidants
- Oats Can Lower Cholesterol Levels and Protect LDL Cholesterol From Damage
- Oats Can Improve Blood Sugar Control
- Oatmeal Is Very Filling and May Help You Lose Weight
- Finely Ground Oats May Help With Skin Care
- Oats May Decrease the Risk of Childhood Asthma
- Oats May Help Relieve Constipation
- Oats Can Protect Against Cardiovascular Disease



# Homemade muesli

Shop muesli is unhealthy. Coated with sugar, salt and oils. This is the easiest way to make your own muesli – in seconds! *Keep it in a tightly sealed container.*

Raw oats (any kind – use gluten-free oats if needed)

Raw assorted nuts

Soft dried raisins / cranberries / currants

Mixture of seeds

Soft dried fruit (not the sugar-coated kind)

Mix into your container. Enjoy with water, milk (any kind) and/or yogurt and ground cinnamon. *Lovely as a gift. Perfect for a snack.*



# Oat bread

500 ml low fat Natural Yogurt  
360 g raw dry oats (any kind)  
2 teaspoons bicarbonate of soda  
1/2 teaspoon salt  
1 large egg  
1 tablespoon milk (any kind)  
Mixed seeds for topping



Preheat oven to 180°C. Place bicarbonate of soda, salt and the yogurt in a mixing bowl and stir. Next add in your oats and stir thoroughly till all ingredients are well mixed. Crack the egg into a separate bowl and beat. Add the egg in with the rest of the ingredients along with the milk and stir.

Line a bread tin or oven tray\* with baking paper (let sides overhang) and spoon in your mixture. Sprinkle with mixed seeds. Bake for about 50 minutes. After 50 minutes, remove the bread from the tin and cook for another 10 minutes. Remove from oven and leave to cool.

*\*If you use a larger tray/pan – bake for about 40 minutes, remove bread from tin and bake for another 5 minutes.*

Recipe: <https://unislilm.com/recipes/porridge-bread/>



# Oat banana bread

*\*Put fresh not ripe yet bananas on baking paper lined baking sheet. On middle rack in oven at 150 oC, bake for 20 – 30 minutes ... keep an eye on it ... the peels should be black and glossy.*

260 g oats (any kind)  
1 teaspoon bicarbonate of soda  
3/4 teaspoon baking powder  
1 ½ teaspoon vanilla extract/essence  
1/2 cup maple syrup, agave or honey

420 g ripe bananas (about 5)(weigh after you've peeled them) \*  
1/2 teaspoon ground cinnamon  
3/4 teaspoon salt  
1/3 cup sunflower oil  
1 ½ tablespoon white vinegar

Preheat oven to 180 °C – line bread pan with baking paper, paper can hang over sides. Put the oats in a processor and blend until a fine powder forms. Add all other ingredients and blend until smooth.

Pour the batter into the prepared pan, bake on the middle rack for 35 minutes. Turn the oven off, but DON'T open the oven. Let the bread sit in the closed oven for another 10 minutes. Then remove from the oven and let cool completely before going around the sides with a knife, then inverting onto a plate.

# Raw banana bread balls



*\*Put fresh not ripe yet bananas on baking paper lined baking sheet. On middle rack in oven at 150 oC, bake for 20 – 30 minutes ... keep an eye on it ... the peels should be black and glossy.*

260 g oats (any kind)  
1 teaspoon bicarbonate of soda  
3/4 teaspoon baking powder  
1 ½ teaspoon vanilla extract/essence  
1/2 cup honey

420 g ripe bananas (about 5)(weigh after you've peeled them) \*  
1/2 teaspoon ground cinnamon  
3/4 teaspoon salt  
1/3 cup sunflower oil  
1 ½ tablespoon white vinegar

Put the oats in a blender and blend until a fine powder forms. Add all other ingredients and blend until smooth. Roll into balls and keep in fridge. Absolutely delicious!



# Dried apple oat discs

90 g raw dry oats (any kind)  
65 g peanut butter (*or other nut butter*)  
Pinch of salt  
1/4 teaspoon ground cinnamon  
1/2 teaspoon vanilla essence/extract

85 g honey  
60 g soft dried apples, cut into small pieces

In mixing bowl, add all the ingredients and stir. It will be sticky – refrigerate for at least 30 minutes. Scoop out a teaspoon or tablespoon size mixture, roll it in your hands, squishing it together – form balls. Press down to form discs. Place in container with lid, keep in fridge for a week.



# Oats coconut peanut balls

2 tablespoons peanut butter (*or other nut butter*)  
1/2 cup raw dry oats (any kind)  
1/4 cup shredded coconut

In a food processor add all ingredients and blend until all combined .  
Roll into teaspoon or tablespoon size balls and place on a piece of wax paper.  
Refrigerate until firm.  
Store at room temperature for 2 days or in the refrigerator for weeks.





# Sweet salty oat snacks

1 cup raw dry oats (any kind)  
1/4 cup honey  
1/4 cup chopped roasted salted peanuts/almonds  
1/2 teaspoon vanilla extract/essence

1/4 cup peanut butter (other nut butter)  
1/4 cup crushed salted pretzels  
dash of salt

In a medium bowl, add all of the ingredients and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.

Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture.

Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

# Apricot lemon energy balls

1 cup soft Turkish dried apricots  
1/2 cup peanut butter (other nut butter)  
1/2 cup shredded unsweetened coconut divided  
2 tablespoons lemon juice  
1 tablespoon coconut oil  
1/2 tablespoon lemon zest  
1/4 teaspoon sea salt  
1/2 cup raw dry oats (any kind)  
Extra reserved 2 tablespoons shredded unsweetened coconut



Place the apricots, peanut/nut butter and 1/4 cup of coconut in a food processor until roughly chopped. Add the remaining ingredients except the reserved coconut and pulse until combined into a sticky "dough" like consistency. Form and roll dough tightly (wet hands slightly if needed) into balls. Roll into the reserved shredded coconut.

Store in airtight container in refrigerator or freezer until ready to enjoy

# Coffee oat cacao balls



1 cup raw dry oats (any kind)  
1/4 cup honey  
1/4 cup peanut butter (other nut butter)  
2 tablespoons cacao powder  
pinch of salt  
2 tablespoons instant coffee powder (normal or decaf)

In processor, blend oats to a powder. Add all the other ingredients.\*  
Then wet hands. Use a tablespoon to scoop out dough and roll between your palms to form balls.  
Store in the fridge for up to 1 week or in the freezer for up to 3 months.

\*

*For this recipe, make sure you use drippy nut butter. The moisture in the oils will help these balls form!  
If your dough is a little too dry, add more honey.*