



Enhanced oats

Mix & Match

Oats are full of nutritional benefits.

They are high in magnesium. They are also high in beta-glucans, which can have positive benefits in lowering LDL cholesterol and improving heart health. The fibre in oats is great for gut health and hence builds better levels of immunity. When choosing between types, it can seem easier to go with quick oats, but *rolled oats* are less processed, which is always better. Better still are *steel cut oats*, but these are harder to find in Australia.

Follow the **directions** on the oat packaging about quantities of liquid as this varies with type, along with cooking times and techniques. Then comes the fun part: flavouring!

Milk: Use full fat milk if tolerated, or better yet, use one of the new types of MYLK, such as almond, coconut, soy or hemp milk.

Add some spices: Start with just a little and adjust to your liking. Spices like ground ginger can help improve digestion, while cinnamon can help with blood sugar metabolism. Other options include nutmeg, cardamon or allspice.

Nuts and seeds: Grab a small handful of your favourite nuts or seeds and use them to boost texture and nutritional content. They also help by providing healthy fats. Try slithered or flaked almonds, walnuts, pecans, pumpkin seeds, hemp seeds, sunflower seeds or even chia seeds. You can even use nuts butters like almond butter or ABC butter (which stands for almond, Brazil, cashew butter). Simply swirl through a small spoonful after cooking is finished.

Fruit: You can add fruit either during the cooking process (towards the end) or add on top after the cooking is finished. This step adds extra vitamins and minerals, along with *flavour*. Try diced apple or pear, sliced banana, mixed berries, or even figs and summer stone fruit when in season. Adding coconut flakes or shredded coconut is also nice.

Sweeteners: If needed, think a drizzle of honey, coconut sugar or real maple syrup rather than white table sugar.