



Tuesday, February 16, 2021

Greater Newark Conservancy's Health Tip and Recipe

Know Your Oats

Happy Healthy Tuesday!

This Saturday, I'll be making a couple of breakfast recipes for Family Fun in the Kitchen during our Beds & Breakfast conference. One will be for overnight oats, so I wanted to review the different types of oats as you're gathering your ingredients and getting ready to join me this weekend, along with all of our fabulous presenters!

It is important to know is that nutritionally speaking, steel-cut, rolled, and instant oats are the same because they are all made from whole oats. The difference lies in the processing, which results in differences in cooking time and texture.

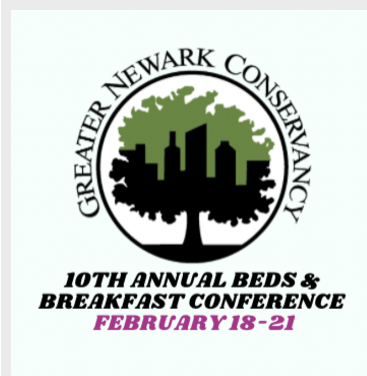
The three main types of oats start out the same – as oat groats. These groats are usually roasted first to keep them from going rancid, increasing the shelf life. After that, the oat groats can take one of three pathways:

- Steel-cut oats: Also called Irish or Scottish oats. These oats are chopped into small pieces, as opposed to rolled, and bear a resemblance to rice. Steel-cut oats take the longest to cook, and are rather chewy. They make a good congee (rice porridge) and can be added to meatloaf and stuffing.
- Rolled oats: Also called old-fashioned oats. To make rolled oats, oats are steamed and softened, then pressed to make them flat discs. Rolled oats cook faster than steel-cut, but still retain their texture well. Rolled oats are good in granola bars, muffins, and other baked goods.
- Instant oats: Also called quick oats. These are the most processed – they are pre-cooked, dried, rolled, and then pressed thinner than rolled oats. These cook the quickest, as the name suggests, but be careful because they can end up mushy.

Instant oatmeal is always an option, but make sure to check out the sugar content. Oats, of course, are not restricted to oatmeal – you can make oat bars, or chocolate or coconut “energy bites” with whole oats, or a baked berry cobbler with oat topping. This week’s recipe is for blueberry overnight oats. You assemble it the night before, and then it’s ready in the morning for an easy grab-and-go breakfast!

Wishing you wellness,

P.S. This weekend is our free, virtual Beds & Breakfast conference and it's not too late to sign up! The theme is Planting Seeds of Change and we'll have a variety of interesting workshops related to gardening, food systems, composting, beekeeping, and more! I'll be doing a special Family Fun in the Kitchen as well! Follow [this link](#) to learn more about the workshops and presenters and register.



Beds and Breakfast Winter Seminar

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Recipe of the Week

Blueberry Overnight Oats

Adapted from: thecomerkitchenblog.com

Total time: 10 minutes + overnight
Yields: 2 servings

Ingredients:

- 1 cup whole oats
- 1 tablespoon chia seeds
- 1 tablespoon ground flax
- 1/4 teaspoon cinnamon
- 1 - 1 1/4 cups almond milk (depending on how thick you like your oats)
- 1/4 cup Greek yogurt
- 1 tablespoon honey
- 1 teaspoon vanilla
- 1/2 cup fresh blueberries, plus more for topping
- Sliced almonds, for topping

Directions:

1. Combine all ingredients, except the almonds, in a bowl (or a jar) and mix together.
2. Cover and refrigerate overnight.
3. In the morning, remove oats from the refrigerator, divide between two bowls, and top with more blueberries and sliced almonds.

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