



RECIPES

using oats



Porridge or oatmeal gruel

What you will need:

200 ml water or milk

40 grams (about 5 heaped tablespoons) rolled oats

Pinch of salt or sugar (to taste)

And here's how:

Mix the milk or water with the oats in a pan and bring to the boil while stirring. As soon as it starts to boil, turn off the hob but leave on the still-hot hob and continue stirring for three to five minutes. Finally, the porridge can be seasoned with a small pinch of salt or sugar according to taste.

Porridge can be served with a wide range of different foods. If you prefer it sweet, you can jazz it up with maple syrup or spices such as cinnamon. And of course, it works well savory with salt or other spices. Many people also eat porridge with fruit or combine it with nuts or various different seeds. The sky's the limit here – if it tastes good, do it!

Oat pancakes

What you will need (serves 2):

100 grams rolled oats (preferably the tender variety)

120 ml milk

4 tbsp flour

4 eggs

And here's how:

Simply combine everything in a bowl and beat with a whisk until you get a batter with a uniform consistency. Then add a little of the batter to a pan—more or less, depending how big you like your pancakes—and fry until golden brown on both sides. Use a medium heat to stop them going too brown. You can eat them with fruit, but jam and syrup are also popular with pancakes.



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Oat cookies – for snacking

What you will need:

200 grams of soft butter

2 tsp vanilla sugar

200 grams sugar

Pinch of salt

1 egg

400 grams rolled oats

1 tsp baking powder

And here's how:

Before you start making the dough, first preheat the oven to 170°C (fan). You can then start mixing the ingredients. Start by mixing the butter, sugar, vanilla sugar, and salt together. Next, add the egg to the mixture. In a separate bowl, mix the rolled oats with baking powder and then add to the rest of the mixture. The resulting dough must then be kneaded and can then be shaped into balls and placed on a baking sheet. Make sure you leave plenty of space between the balls of dough as you do this. You can then bake them in the oven for 10 to 15 minutes. When they are a golden yellow, the oat cookies are done. Just remember to leave them to cool a little first before trying them.