

Magic Oats

GUIDE & RECIPES



RECIPES

STRAWBERRY MILKSHAKE

Ingredients:

- 1 1/4 cups unsweetened oat milk
- 1 cup whole frozen strawberries
- 1/3 cup avocado
- 2 tbsp maple syrup
- splash of vanilla

Instructions:

Add all ingredients into a blender and blend for 1 minute.

Distribute the pudding into 2 small jars and cover.

Refrigerate for 4 hours and enjoy.

Servings: 1



CREAMY VEGAN MAC & CHEEZE



Ingredients:

- 3 cups mac. noodles
- 3/4 cup unsweetened oat milk
- 1 cup soaked cashews
- 1/2 cup nutritional yeast
- 1 tbsp chickpea miso
- 1 tbsp lemon juice
- 1/4 tsp + 1/8 tsp salt
- 1/4 tsp pepper

Instructions:

Prep: Soak cashews for 3 -4 hours.

Boil 6 cups of water. Add in pasta and cook for 7-9 minutes.

Add remaining ingredients into a blender and blend for 45 seconds.

Drain noodles and add them into the pot with the cheeze sauce.

Stir and enjoy.

Servings: 4

SPICED OAT MILK LATTE

Ingredients:

- 1 cup hot water
- 3 tbsp Unsweetened oat milk powder
- 2 tsp instant coffee
- 1.5 tsp coconut sugar
- pinch of cinnamon

Instructions:

Boil 1 cup of water. Add the oat milk powder, instant coffee and sugar to the bottom of a mug. Next, pour the hot water into the mug. Stir or whisk. Sprinkle cinnamon on top and enjoy!

Servings: 1



CHOCOLATE PUDDING



Ingredients:

- 1 1/2 cups chocolate oat milk (1.5 C water : 1/2 C powder)
- 2 whole avocado
- 3 tbsp maple syrup
- 1 tsp lemon juice
- pinch of salt

Instructions:

Add all ingredients into a blender and blend for 1 minute or until creamy. Distribute the pudding into 2 small jars and cover. Refrigerate for 4 hours and enjoy.

Servings: 2



OAT FUDGE BITES

Ingredients:

Oat Layer

- 1/2 cup + 3 tbsp oat flour
- 1/2 cup rolled oats
- 2 tbsp maple syrup
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- 1/8 tsp sea salt

Chocolate Layer

- 3/4 cup semi sweet chocolate chips
- 1 tbsp oat milk (1 tsp oat powder: 1 tbsp water)

Instructions:

Mix all the oat layer ingredients together in a bowl. Press 1 tbsp of oat mixture per mini mold x12 times. Freeze for 10 minutes. Add 2 tsp melted chocolate to each mold and then top with a sprinkle of oat mixture. Freeze for 1 hour and enjoy!

Servings: 12 bites

APPLE PIE OVERNIGHT OATS

Ingredients:

- 1/2 cup unsweetened oat milk (1/2 C water : 2 tbsps)
- 1/2 cup rolled oats
- 1/2 cup grated apple
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- 1-2 tsp maple syrup
- pinch of salt

Instructions:

Shake 1/2 C of water with 2 tbsp oat milk powder in a 10 oz jar. Add all the other ingredients into the jar and stir until combined. Seal jar and store overnight or for at least 4 hours. Top with sliced nuts, fresh fruit and enjoy.

Servings: 1



HOW TO MAKE MAGIC OATS 3 WAYS

1 CREAMER POWDER METHOD

Add 1 spoonful of oat powder to the bottom of a mug. Pour in hot liquid. Stir and enjoy!

TIP: Use electric whisk to blend in as a creamer powder



2 SHAKING METHOD

Add 250 ml water with 3-4 tbsp of oat powder to a shaker bottle or mason jar. Shake until well combined.

TIP: For best results use warm or room temperature water



3 ELECTRIC WHISK METHOD

Add 250 ml water with 3-4 tbsp of oat powder. Insert Magic Whisk into your cup at a slight angle. Press the button at the top of the whisk and hold down until frothy and well combined.

TIP: For best results use warm or room temperature water

