



OATMEAL



Did you know oatmeal is a prebiotic?

Prebiotics and probiotics help you have a healthy gut. Prebiotics are the food (energy source) for “good” bacteria. They can be found in whole grains (like oatmeal), bananas, onions, garlic, beans, asparagus, and artichokes.

What are the Probiotic sources?

Probiotics are found in fermented dairy food like yogurt with live cultures, kefir, sauerkraut, and aged cheese. Eating foods with prebiotics and probiotics together helps improve gut health.

Oatmeal is also a great source of soluble fiber that can help lower cholesterol and help you feel full longer.

**HEALTHY GUT,
HEALTHY BODY!**



BAKED OATMEAL (Serving Size:4)



- Ingredients
- 1/4 cup oil
- 2 eggs (beaten)
- 1/2 cup brown or white sugar or honey
- 3 cups oatmeal
- 1 tsp. salt (optional)
- 2 t. baking powder
- 1 cup milk
- Combine ingredients and place in baking dish treated with cooking spray. Bake at 350°F for 30 minutes.
- Add your favorite dried fruits nuts or seed (optional)
- Serve with milk and cinnamon.

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