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super OATMEAL

Recipe Booklet



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180g Finished Portion

Fibre, Protein, and Flax Enriched Hot Cereal!

1000g (2 bags)	Super Oatmeal
3.8 L	Water

Recipe Yield: 25 portions (180ml finished portion)

Recipe Procedure - for kettle or stove top preparation:

1. Bring water to a boil within kettle/heavy bottomed pot.

2. Once boiling, add all of the ingredients within the kettle and bring to a simmer. Whisk and stir the Super Oatmeal mixture.

3. Cook for 3-5 minutes or until most of the water has been absorbed.

4. Serve warm to residents with acceptable garnish: fresh or frozen fruits (banana, berries, etc), yogurt.

Note: If you require any more water to make the oatmeal a bit thinner, don't hesitate to add it. The Nutritional deck will not change at all.

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50/50 Recipe: 180 g Portion

Super Oatmeal and Rolled Oats

500g	Super Oatmeal	3.5L	Water
500g	Regular Rolled Oats		

Recipe Yield: 25 portions (180ml finished portion)

Recipe Procedure - for kettle or stove top preparation:

1. Bring water to a boil within kettle/heavy bottomed pot.

2. Once boiling, add all of the ingredients within the kettle and bring to a simmer. Whisk and stir the Super Oatmeal mixture.

3. Cook for 3-5 minutes or until most of the water has been absorbed.

4. Serve warm to residents with acceptable garnish: fresh or frozen fruits (banana, berries, etc), yogurt.

Note: If you require any more water to make the oatmeal a bit thinner, don't hesitate to add it. The Nutritional deck will not change at all.

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Super Cheddar Biscuits

High Protein and Fibre Cheddar Herb Biscuits

325 g	Prepared Biscuit Mix	170 g	Shredded Cheddar	475 ml	Water
350 g	Super Oatmeal	10 g	Dried Oregano		

Recipe Yield: 24 portions

Recipe Procedure:

1. Pre-heat an oven to 400°F

2. In a large bowl or Hobart mixer, combine Super Oatmeal, biscuit mix, shredded cheddar, and water

3. Mix until combined, 30 seconds: don't over mix

4. Using a yellow scoop (1.5 oz), scoop the mixed batter onto greased cookie sheets

5. Bake at 400°F for 8-12 min depending on the oven

Note: Transfer once cooled, place in a tightly wrapped container to keep as soft as possible.

This recipe will be a great addition to soups, stews, salad plates, and where you need a boost of protein and fibre.

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27g Protein per serving

4g Fibre per serving

Super Stuffing

High Protein Bread & Herb Stuffing with Super Oatmeal!

32 slices	1.5 loaves of bread	50 ml	Vegetable Oil	3 cups	Super Oatmeal, dry
500 ml	Celery, diced	1.25 L	Vegetable broth	Season with salt and pepper to taste	
500 ml	White onion, peeled/diced	1.5 tbsp	Poultry seasoning		

Recipe Yield: 25 portions, 160 g portion size (fully cooked)

Recipe Procedure:

1. In a 2” hotel pan add the oil, onion and celery.

2. Place within the preheated oven and roast for 10-15 minutes until the vegetables start to brown. Make sure to open the oven halfway through the process to stir.

3. Dice all the bread and reserve

4. Once the vegetables come out of the oven, mix with the diced bread, poultry seasonings, vegetable broth and the dry Super Oatmeal.

5. Put a cover on the pan and cook in the oven for 15 min.

6. Take the cover off after the 15 minutes and stir, cook for another 5 minutes with the cover off to brown the stuffing.

7. Adjust seasonings with salt and pepper.

8. Serve hot with Turkey, Chicken, Ham, or any style of Sunday/ Holiday Roast

Garnish with fresh chopped fresh sage, and your favorite gravy.

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24g Protein per serving

4g Fibre per serving

Super Meatballs

High Protein Beef Meatballs with Super Oatmeal

3 kg	Lean Ground Beef	50 g	Salt	50 g	Garlic Powder
6	Eggs	25 g	Black Pepper	50 g	Onion Powder
500 g	Super Oatmeal	25 g	Dry Herbs (your choice)		

Recipe Yield: 25 portions (4× 40g meatballs per portion)

Recipe Procedure:

1. Preheat oven to 330°F

2. Combine all ingredients and mix well.

3. Shape into 40 g meatballs.

4. Cook for 18-25 minutes depending on your oven. Use a meat thermometer to test the meatballs to ensure that they are to 165°F internally.

5. Serve with whatever sauce your residents care for. (Tomato, beef gravy, stroganoff, sweet and sour sauce, cream sauce, ect.).

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Super Meatloaf

High Protein Beef Meatloaf with Super Oatmeal

3 kg	Lean Ground Beef	50 g	Salt	50 g	Garlic Powder
6	Eggs	25 g	Black Pepper	50 g	Onion Powder
500 g	Super Oatmeal	25 g	Dry Herbs (your choice)		

Recipe Yield: 25 portions, 160 g portion size (fully cooked)

Recipe Procedure:

1. Preheat convection oven to 330°F

2. Combine all ingredients and mix well

3. Shape into a loaf(s) and place in a parchment lined pan

4. Cook until you achieve an internal temperature of 165°F.

Garnish with, tomato sauce, bbq sauce, or whatever your residents enjoy.

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27g Protein per serving

4g Fibre per serving

Super Turkey Meatloaf

High Protein Turkey Meatloaf with Super Oatmeal

3 kg	Lean Ground Turkey	50 g	Salt	50 g	Garlic Powder
6	Eggs	25 g	Black Pepper	50 g	Onion Powder
500 g	Super Oatmeal	25 g	Dry Herbs (your choice)		

Recipe Yield: 25 portions, 160 g portion size (fully cooked)

Recipe Procedure:

1. Preheat convection oven to 330°F

2. Combine all ingredients and mix well

3. Shape into a loaf(s) and place in a parchment lined pan

4. Cook until you achieve an internal temperature of 165°F.

Garnish with, tomato sauce, bbq sauce, or whatever your residents enjoy.

Puree Recipe:
160 g portion meatloaf + ¼ cup broth purees to **IDDSI level 4** (Pudding thick).

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Super Masala Oats

Chana Masala made with Super Oatmeal!

12.5 cups	Balanced Cuisine: Chana Masala	6.25 cups	Water
6.25 cups	Super Oatmeal	9 g	Salt

Recipe Yield: 25 portions, 240 g per serving

Recipe Procedure:

1. Bring Chana Masala and water to a boil in heavy bottomed pot

2. Once boiling, add Super Oatmeal and bring to a simmer. Whisk and stir the mixture

3. Cook for 5 minutes or until most of the water has been absorbed

4. Remove from heat and let stand for 5 minutes

5. Fold in salt with a spoon until fully combined

6. Serve 240g portions

7. Garnish as desired with fresh herbs, green onions and/or serve with side of naan

8. Enjoy!

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Super Oatmeal Fruit Crumble

Fiber and Protein Enriched

2 kg	Frozen Fruit (apples, berries, stone fruit, etc)	250 g	Magarine
1 kg	Super Oatmeal		

Recipe Yield: 25 portions (125ml finished portion)

Recipe Procedure:

1. Pre-heat convection oven to 350°F

2. Take frozen fruit and place within a parchment lined2" hotel pan. Note: some flour may be necessary to mix with the fruit if it is watery

3. In a large bowl, mix the Super Oatmeal and melted margarine

4. Mix all of the ingredients together within the bowl and make a crumble like topping

5. Sprinkle over the fruit mixture

6. Bake for 20-25 min. (depending on oven) Ensure that the topping is golden brown and crisp

7. Garnish and serve with your resident's favorite sauces or ice creams

Puree Recipe: This item breaks down with no additional water or thickener to **IDDSI level 4** (Pudding thick).

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8g Protein per serving

3g Fibre per serving

Super Chocolate Pudding

Fiber, Protein, and Flax Enriched Instant Pudding

1,300 g	Fully cooked Super Oamteal	530 g	Instant Chocolate Pudding Mix
2.5 L	2% Milk		

Recipe Yield: 25 portions (5 oz finished portion)

Recipe Procedure:

1. After the Super Oatmeal is cooked, chill and reserve

2. Using a heavy duty stick blender puree the Oatmeal and Milk for minimum of 30 seconds.

3. Add in the instant pudding mix and blend for additional 30 seconds.

4. Refrigerate the mixture (either in bulk or individual portions) for minimum of 2 hours.

Suitable for IDDSI level 4: Pureed/Extremely Thick

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Super Muffins

Made with honey, oats, and chocolate chips!

635 g	Prepared, Dry Muffin Mix (Chocolate Chip)	2	Eggs	60g	Honey
500 g (1 bag)	Super Oatmeal	950 ml	Water	0.2g	Brown or Rock Sugar

Recipe Yield: 24 portions

Recipe Procedure:

1. Pre-heat an oven to 350°F
2. In a large bowl/Hobart mixer, combine muffin mix, Super Oatmeal, eggs, water, and honey - mix well
3. Scoop muffins into lined muffin tins
4. Sprinkle 0.2g of Sugar on each muffin before baking
5. Bake at 350°F for 12-20 min depending on the oven

Note: Other flavours of dry muffin mixes can be used for this recipe as well.

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Mini Chocolate Chip Super Muffins

Made with honey, oats, and chocolate chips!

635 g	Prepared, Dry Muffin Mix (Chocolate Chip)	2	Eggs	60g	Honey
500 g (1 bag)	Super Oatmeal	950 ml	Water	0.2g	Brown or Rock Sugar

Recipe Yield: 48 portions

Recipe Procedure:

1. Pre-heat an oven to 350°F
2. In a large bowl or Hobart mixer, combine ingredients (muffin mix, Super Oatmeal, eggs, water and honey) and mix well
3. Using a 1 oz ladle scoop muffin mix into greased mini muffin tins
4. Sprinkle 0.2g of sugar on each muffin before baking
5. Bake at 350°F for 12 – 20 minutes depending on the oven

Note: Other dry muffin mixes can be used as well for this recipe.

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8g Protein per serving

3g Fibre per serving

Super Oatmeal Cookies

High Protein Soft and Chewy Oatmeal Cookies

1 cup	Butter (softened)	1 tsp	Vanilla Extract	1 tsp	Cinnamon
1.5 cup	Brown Sugar (packed)	1 cup	Flour	500 g	Super Oatmeal
2	Eggs	1 tsp	Baking Soda		

Recipe Yield: 24

Recipe Procedure:

1. Pre-heat an oven to 375°F

2. In a large bowl or Hobart mixer, combine butter, brown sugar, vanilla and eggs and mix until smooth

3. In a separate container, combine flour, baking soda, cinnamon, and Super Oatmeal

4. Combine both the wet and the dry ingredients together

5. Using a yellow scoop, scoop 1.5oz of the mixed batter onto greased cookie sheets. Flatten the cookies with the back of a soup spoon

6. Bake at 375°F for 8-10 minutes depending on the oven.

Note: The cookies will be brown on the bottom and lighter in colour on the top. Let them cool on the cookie sheets and transfer once ready. Place in a tightly wrapped container to keep as soft as possible.

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5g Protein per serving

2g Fibre per serving

Chocolate Banana Super Smoothie

Fiber, Protein, Flax Enriched Smoothie with Super Oatmeal

940 ml	Fully Cooked Super Oatmeal	815 ml	Chocolate Ice Cream	150 ml	Water
625 ml	Banana	625 ml	2% Milk		

Recipe Yield: 25 portions (125ml finished portion)

Recipe Procedure:

1. After the Super Oatmeal is cooked, chill and reserve

2. In a large container (food safe bucket) or foodprocessor put all of the ingredients within

3. Use a stick blender (if in a food safe bucket) or food processor for 45 seconds to 1 minute to puree all of the ingredients until they are a smooth puree

4. Chill until later or portion into 125ml glasses for service

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5g Protein
per serving

2g Fibre
per serving

Blueberry Mango Super Smoothie

Fiber, Protein, Flax Enriched Smoothie with Super Oatmeal

940 ml	Fully Cooked Super Oatmeal	500 ml	Greek Plain Yogurt	500 ml	2% Milk
500 ml	Frozen Mango Chunks	565 ml	Frozen Blueberries	150 ml	Water

Recipe Yield: 25 portions (125ml finished portion)

Recipe Procedure:

1. After the Super Oatmeal is cooked, chill and reserve

2. In a large container (food safe bucket) or foodprocessor put all of the ingredients within

3. Use a stick blender (if in a food safe bucket) or food processor for 45 seconds to 1 minute to puree all of the ingredients until they are a smooth puree

4. Chill until later or portion into 125ml glasses for service

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Strawberry Banana Super Smoothie

Fiber, Protein, Flax Enriched Smoothie with Super Oatmeal

940 ml	Fully Cooked Super Oatmeal	625 ml	Greek Plain Yogurt	250 ml	2% Milk
500 ml	Banana	700 ml	Frozen Strawberries	150 ml	Water

Recipe Yield: 25 portions (125ml finished portion)

Recipe Procedure:

1. After the Super Oatmeal is cooked, chill and reserve

2. In a large container (food safe bucket) or foodprocessor put all of the ingredients within

3. Use a stick blender (if in a food safe bucket) or food processor for 45 seconds to 1 minute to puree all of the ingredients until they are a smooth puree

4. Chill until later or portion into 125ml glasses for service

CCP: Maintain at 140°F/60oC for a maximum of 4 hours
CCP - Cool: Product must reach 140°F/60°C to 70°F/21°C within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours
CCP - Reheat: To internal temp of 165°F/ 74°C held 15 seconds within 1 hour — reheat one time only.

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