



SNACK  
ATTACK!!!

# SNACK ATTACK

Learn how to create delicious  
healthy snacks using



# OATS

*(Also called Avena sativa)*

## Benefits of Oats

### ANTIOXIDANTS

Rich in **antioxidants** (vitamins and nutrients that protects cells against the harmful effects of environmental toxins).

### AVENANTHRAMIDES

Is the **ONLY** food source of **Avenanthramides** an antioxidant that: improve blood flow, lower blood pressure, reduces inflammation and itching.

### SOLUBLE FIBER

Contains **soluble fiber** (changes into a gel like substance that feeds good gut bacteria, delay's gastric emptying-helps you feel full longer) called beta-glucan that can help improve insulin response, helping manage blood sugar levels.

### PROTEIN

Contains **protein** -a grouping of 9 amino acids that together provide the building blocks for muscles, bones, skin, and Cartilage. Oats contains all 9 of the amino acids, but not enough of them to be considered a complete protein.

### VITAMIN B1

Contains **Vitamin B1**- important for the normal function of your nerves and muscles (including your heart!)

### LOW FAT & NO CHOLESTEROL

Low in fats and contains no **cholesterol**. A type of fat that travels through your bloodstream.

## Oat Play Dough & Dough Creatures

### Ingredients

- 2 cups Oats
- 1 cup flour
- 1 cup boiling water

### Dough Method:

1. Mix Oats and flour
2. Slowly pour in water, mix with spoon until cooled, use hands to combine until doughy consistency.

### Creatures Method:

1. Roll oat dough into balls of various sizes,
2. Create a creature by attaching balls, using big ones for the body, small ones for the head.



# Yogurt and Oat Pops

## Ingredients

- 1-½ cup frozen raspberries
- 1/3 honey
- 2 tsp lemon juice
- ¾ cup quick Oats
- 2 cups Greek-style yogurt

## Equipment

- 10 ice pop molds or small paper or plastic cups
- Food processor

## Method:

1. Add 1/3 cup Raspberries, 2 tbsp. Honey, and lemon juice into the food processor. Set aside.
2. Reserve 1 Tbsp oats, mix remaining oats, honey, and yogurt
3. Spoon 2 tsp raspberry purée into bottom of the molds, pour in yogurt mixture almost filling to the top, add the rest of the raspberry puree.
4. Sprinkle remaining oat mixture, insert sticks and freeze for 6 hours.

Recipe source:  
Reader's Digest Magazines Ltd., Accessed May 11, 2022,  
<<https://www.readersdigest.ca/food/recipes/>>

Image source:  
SHANNON EMERY, Pass Me Some Tasty , Published: JUNE 10, 2020, Accessed May 11, 2022,  
<<https://www.passmesometasty.com/berry-yogurt-popsicles/>>

Prep Method	Pro	Con
<b>Steel Cut Oats:</b> The inner kernel that has been cut using a steel blade. Has coarse, chewy texture with a nutty flavor.	<ul style="list-style-type: none"> <li>• Takes the body longer to digest, has a lower GI, helps you stay full longer.</li> </ul>	<ul style="list-style-type: none"> <li>• Takes between 15-30mins to cook</li> <li>• Because of thickness, they are not ideal for baking. Most used for breakfast.</li> </ul>
<b>Rolled Oat/Old Fashioned:</b> Oat groats that are steamed so they do not crack when they pass through rolling mills. The groat comes out flattened. This reduces the cooking time.	<ul style="list-style-type: none"> <li>• Ideal for baking</li> <li>• Used in overnight oats</li> <li>• Retain most of the nutrients and benefits as Steel Cut Oats.</li> <li>• Mild taste and softer texture</li> <li>• Cook time is around 10-15mins</li> </ul>	<ul style="list-style-type: none"> <li>• Cook time is around 10-15min-still longer than quick or instant</li> </ul>
<b>Quick Oats:</b> Same process as Rolled Oats but rolled thinner.	<ul style="list-style-type: none"> <li>• Cook time of 3-5mins</li> <li>• Slightly creamier texture</li> </ul>	<ul style="list-style-type: none"> <li>• Because of how thin these are, they do not retain their shape/flavor as much as the rolled type does.</li> </ul>
<b>Instant Oats:</b> Same process as rolled but rolled thinner and then milled(cut) into finer pieces.	<ul style="list-style-type: none"> <li>• Can be cooked by pouring hot water/milk over them.</li> <li>• Very creamy texture</li> </ul>	<ul style="list-style-type: none"> <li>• Do not retain their texture when used in baking.</li> </ul>
<b>Scottish Oats:</b> Groats are ground down into a fine grainy mixture.	<ul style="list-style-type: none"> <li>• Cooks down into a thick creamy mixture.</li> </ul>	<ul style="list-style-type: none"> <li>• Not ideal for baking</li> <li>• Takes 10mins to cook</li> </ul>
<b>Oat flour:</b> Very finely milled.	<ul style="list-style-type: none"> <li>• Gluten free</li> <li>• Adds the nutritional benefits of oats.</li> <li>• Used for baking</li> </ul>	<ul style="list-style-type: none"> <li>• Creates a heavier texture</li> <li>• Adds a slight flavour</li> </ul>

# No Bake Energy Balls

## Ingredients

- 1 cup rolled oats
- ½ cup ground flax
- ½ cup chocolate chips
- ½ cup nut butter (can use WOW or pumpkin to be allergy free)
- 1/3 cup honey
- 1 tablespoon vanilla extract
- 1 tablespoon chia seeds \*optional

## Equipment

- Mixing Bowl

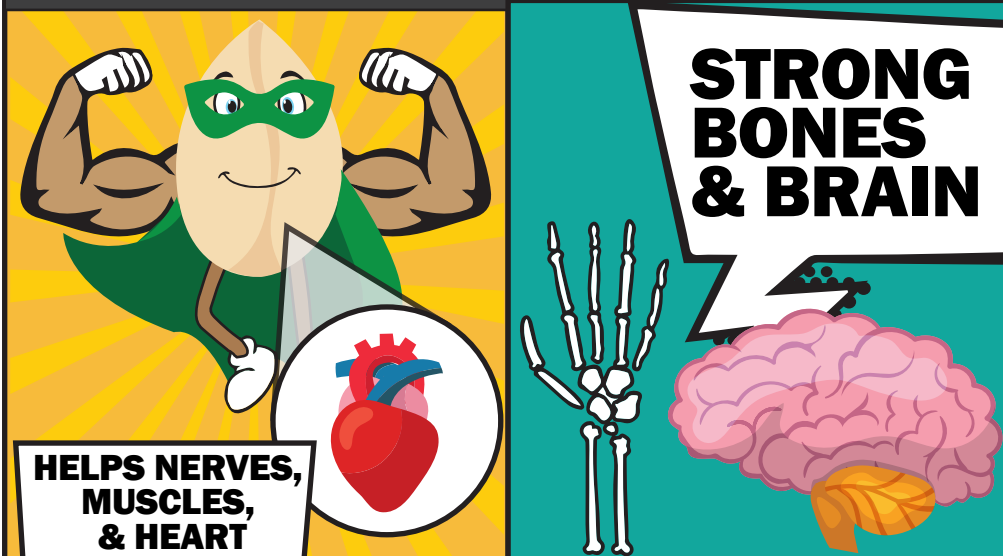
## Method:

1. Combine all ingredients in a bowl, put in fridge and let chill for 30 mins
2. Remove from fridge, roll mixture into balls, and enjoy.
3. Store in fridge

Recipe source:  
Kayla Janis, Allrecipes, Accessed May 11, 2022,  
<<https://www.allrecipes.com/recipe/245429/no-bake-energy-balls/>>

## Which Superpowers do you get when you eat these?

Source of Vitamin B1 helps nerves, muscles, and heart.



Source of Manganese- Helps build healthy strong bones & brain.

# English Oat Crackers

## Ingredients

- 3 cups Rolled Oats
- 1 cup white flour
- ½ cup light brown sugar
- 1 tsp kosher salt
- ½ lb unsalted butter (2 sticks), cut into ½ cubes
- ¾ baking soda
- ½ cup lukewarm water
- Sea salt

## Equipment

- Parchment paper
- Baking sheet
- Food processor
- Ice cream scoop or two spoons

## Method:

1. Pre-heat oven to 375 degrees, line two baking sheets with parchment paper
2. Place Oats, flour, brown sugar, and salt into food processor (can use blender but results will be a grainier texture) Pulse for 40-60 seconds. Add butter and pulse for another 20 seconds (until butter is the size of peas).
3. Dissolve the baking soda in the like warm water and drizzle it over the crumbs in the food processor. Pulse until the mixture is evenly moistened and can be pressed into balls that hold together
4. Using an ice cream scoop or two spoons – scoop dough into your hands and roll them into round balls.
5. Evenly space 12 balls on the baking sheets. Flour the bottom of a flat-bottomed 3-inch diameter glass and use to flatten each cracker to 1/8 inch thick and 3 inches in diameter.
6. Sprinkle with Sea Salt and bake for 20-25 minutes until golden brown on edges

\*Can be served warm or cold.



Recipe source:  
INA GARTEN, Foodnetwork- Corus Entertainment Inc., 2022., Accessed May 11, 2022,  
<<https://www.foodnetwork.ca/recipe/english-oat-crackers/>>