



OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart- Healthy Grain

Kathy Hester

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OATrageous Oatmeals is a Simply Incredible Collection of Amazing Oatmeal Recipes

Say goodbye to boring oats and bland mix-ins because bestselling author Kathy Hester shows you delicious and exciting new takes on everyone's favorite health food with Banana Oatmeal Cookie Pancakes, Hummingbird Cake Oatmeal, Chai-Spiced Oat Shakes and Blackberry Mojito Overnight Refrigerator Oats. And she doesn't stop there. Savory recipes like Mushroom Sun-Dried Tomato Steel-Cut Oat Risotto, Oats-bury Steaks, Not-from-a-Box Mac and Oat Chez—even a healthy vegan sausage crumble made from steel-cut oats and spices—will wow oatmeal fans with new and nutritious dishes to try.

Save money by making your own staples like oat milk and oat yogurt. With breakfast, lunch, dinner and even drink and dessert recipes taken to the next level of wholesomeness and flavor, these OATrageous dishes will dazzle your whole family and are the perfect heart-healthy gift for every oatmeal lover out there.

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