

# XCentric Ideas



A whole new light is shed  
on the boring 'wallpaper  
paste' OATS!

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Recipes from the Internet  
All photos my own

# Oats Beauty Tips

## **Oat Cleanser:**

Grind oats in a coffee grinder, store in an airtight container. Use daily taking a handful of ground oats and soaking it in a little amount of warm water to make a paste. Use as regular cleanser and rinse with warm or cool water. You can then apply some moisturizer but oats itself is great at hydrating skin.

## **Oat Scrub:**

2 tbsp ground oats  
2 tsp brown sugar  
1 tsp lemon juice  
2 tbsp aloe vera

Mixing all the ingredients together should give a paste which is applied to the damp skin. Massage your face mildly avoiding sensitive skin around the eyes. Rinse with tepid water.

## **Oat Mask:**

Half of ripe banana  
2 tbsp ground oats  
2 tbsp whole wheat flour  
pinch nutmeg  
milk or cream

Mix the ingredients to get smooth paste and apply to clean face for 5-10 minutes. Your skin will be soft and oats will soothe any irritation.

## **Oat Bath:**

½ cup rolled oats  
¼ cup powdered milk  
2 tbsp honey

Put all ingredients in a natural fabric sack and hang under the faucet while your bath is filling with water. The water flow will spread the ingredients through the bath and make a great soothing treatment right at your home.



*Oats Muffin*

# Oats Breakfast Muffin

2 ½ cup Jungle Oats / Quaker Oats (not instant)  
1 x-large egg  
½ cup Apple sauce / Purity Banana  
2 tbsp Truvia or stevia powder, or ¾ cup sugar  
1 cup Greek yogurt plain  
1 tbsp water  
1 ½ tsp baking powder  
½ tsp bicarbonate of soda  
2 ripe Nectarine peaches, chopped

Preheat oven to 200 oC, spray muffin pans.

In food processor, blend the oats till fine. Add all the other ingredients, blend till smooth.

Pour into muffin pans and bake for 25-30 minutes, or till tester pick comes out clean.

# Oats Pancake



# Oats Pancake

1 egg (any size)

30 g Jungle Oats / Quaker Oats (not instant oats)

Mix the egg and the oats.

Spray/butter a pan, pour in the 'pancake', flip after a few minutes and finish off with your favourite toppings. Serves 1.

*I used grated cheese, anchovies & honey.*

*Be creative and use any savory or sweet toppings.*



*Sweet Potato Oats Puffs*

# Sweet Potato Oats Puffs

2 medium sweet potatoes, peeled and chopped  
1/2 cup goat cheese  
1/3 cup fat free milk  
1 tbsp butter  
2 tsp dried rosemary  
2 x-large eggs, beaten  
3-4 cups Jungle Oats / Quaker Oats

Preheat oven to 425°F / 220 °C.

Bring sweet potatoes to a boil in salted water and cook until fork-tender (about 15 minutes). Drain and transfer to a large bowl, then mash together with goat cheese, milk, butter and rosemary. Cover and refrigerate for 25 minutes.

Meanwhile, place oats in a gallon-size zip top bag and crush until it resembles breadcrumbs. When sweet potato mixture is cooled, remove from fridge and form ping pong ball-sized puffs. Coat each puff in the beaten eggs then in oats.

Place puffs on a greased or parchment-lined baking tray and lightly coat with cooking spray. Bake for 20 minutes or until golden brown. Cool for 10 minutes before serving.



*Oats & Bean Burger*

# Oats & Bean Burger

14-ounce (410 g) can beans (*I used kidney beans*)

Onion (optional)

½ cup Jungle Oats / Quaker Oats (not instant oats)

1 tbsp Chilli powder or other spice mix

1 x-large egg

Salt, pepper

Drain and pour the can of beans into a food processor with the onion, oats, spices, egg, salt and pepper. Process until mushy, then shape into burgers, adding a little liquid or oats as necessary.

Refrigerate for 30 minutes. Cook in oil about three minutes a side and serve.



*Oats Layered Dish*

# Oats Layered Dish

1 cup Jungle Oats / Quaker Oats (not instant oats)  
4 tsp stock granules (*I used chicken*)  
2 cups boiling water  
½ onion, chopped  
6 Portabello mushrooms, sliced  
Herbs & spices to taste  
Grated Cheddar cheese

Preheat oven to 180 oC. Mix oats, stock & boiling water in microwaveable dish with a lid. Micro on High with a lid for 2 minutes.

In meantime, fry the onion & mushrooms with the herbs & spices till soft.

In a small round oven dish, spoon a layer of the oats. Spoon on a layer of the mushroom-onion mixture. Sprinkle with cheese. Repeat layers, ending with cheese.

Put the oven dish without a lid in the oven for 10 – 15 minutes. Enjoy as side dish or main dish.

Recipe: my own recipe

# Oats Risotto with Spinach



# Oats Risotto with Spinach

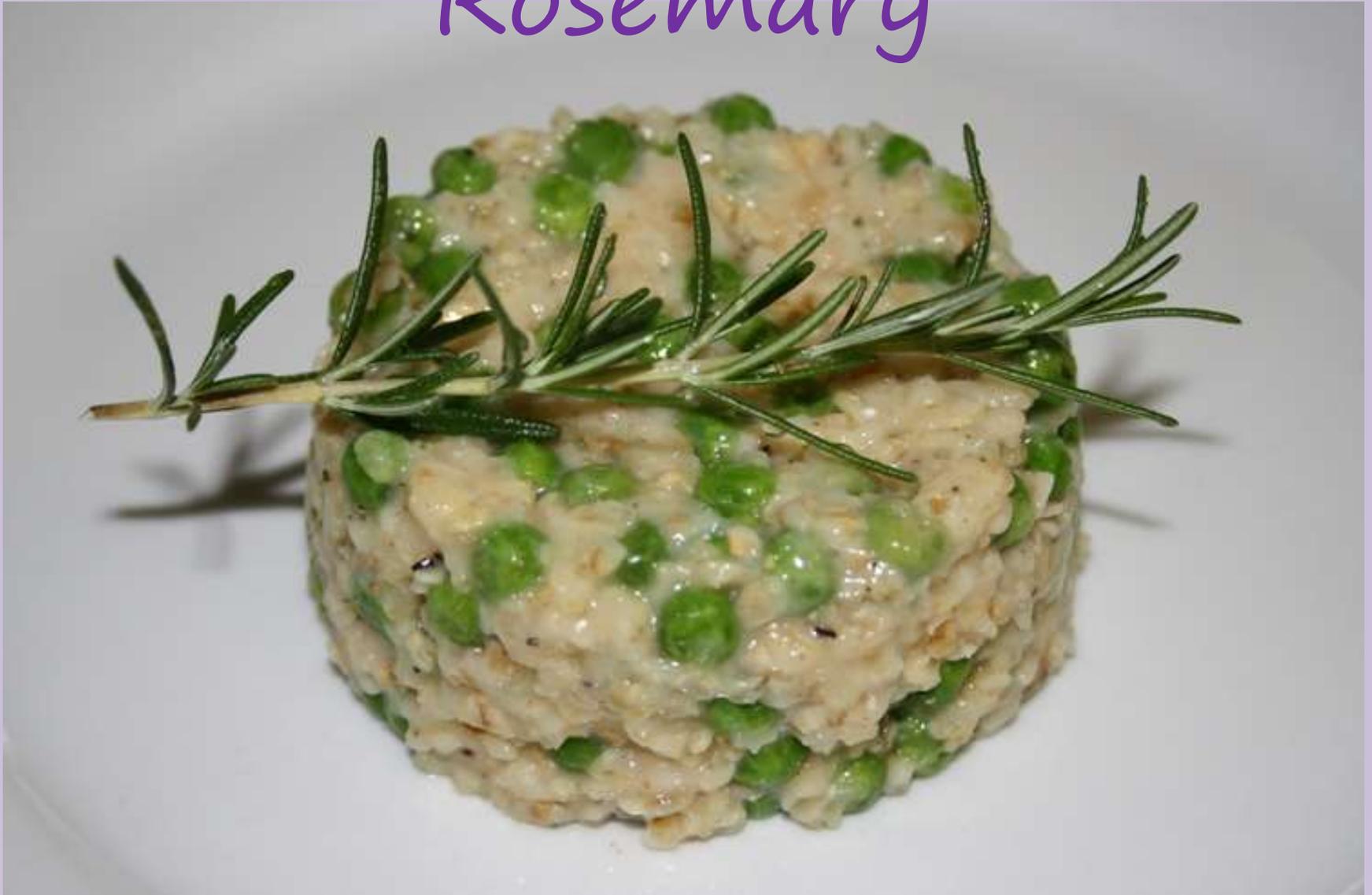
1 cup Jungle Oats / Quaker Oats (not instant oats)  
4 tsp stock granules (*I used chicken*)  
2 cups boiling water  
2 tbsp fat-free cottage cheese  
2 handfuls fresh baby spinach leaves  
Butter  
Fresh sage leaves  
Egg

Mix oats, stock & boiling water in microwaveable dish with a lid. Micro on High with a lid for 2 minutes. Add the cottage cheese & spinach leaves, micro on High with a lid for another minute, watching the oats to make sure they don't cook over the dish.

Once the oats are as thick as you'd like (you can cook for a little longer to get the texture you want), remove the dish.

In the meantime, melt butter, fry sage leaves in it and pour over oats risotto. Season. Top with egg.

# Oats Risotto with Peas & Rosemary



# Oats Risotto with Peas & Rosemary

1 cup Jungle Oats / Quaker Oats (not instant oats)  
4 tsp stock granules (*I used chicken*)  
2 cups boiling water  
2 tbsp fat-free cottage cheese  
1 ½ cups frozen peas  
Fresh Rosemary  
Salt, pepper

Mix oats, stock & boiling water in microwaveable dish with a lid. Micro on High with a lid for 2 minutes. Add the cottage cheese and peas, micro on High with a lid for another 2 minutes, watching the oats to make sure they don't cook over the dish.

Once the oats are as thick as you'd like (you can cook for a little longer to get the texture you want), remove the dish and stir in the rosemary, salt, and pepper before serving.



*Chocolate Oats Clusters*

# Chocolate Oats Clusters

- 1/2 cup unsweetened cocoa powder
- 1 1/2 cups sugar
- 1/2 cup butter
- 1/2 cup milk
- 1/2 cup creamy peanut butter
- 1 tsp vanilla
- 1/2 cup desiccated coconut
- 3 cups Jungle Oats / Quaker Oats (not instant)

In a medium heavy bottomed saucepan over medium heat, combine cocoa, sugar, butter and milk. Bring to a rolling boil (surface covered with bubbles) and continue to cook for 2 minutes while stirring constantly.

Remove from the heat and stir in peanut butter and vanilla until creamy and well blended. Then stir in the and oats until well combined.

For small cookies, drop by teaspoonfuls. For larger cookies, drop by tablespoonfuls and then flatten them slightly with your damp fingers or the back of a wet spoon. Let cool until set.

## *Variations:*

- *Add a dash of cinnamon to the sugar/butter mixture.*
- *Add 1/2 cup shredded coconut with the oats.*
- *Add 1/2 cup chopped nuts with the oats.*
- *Add 1/2 cup dried cranberries or raisins with the oats.*
- *Press mixture into greased-foil lined 8-inch square pan for no bake chocolate oatmeal cookie bars*