

Sweet and Savory Anytime Oats



ingredients

- 1 c Quaker Old-Fashioned Oats
- 1 Asian pear
- 1 carrot
- ¼ inch ginger
- 1 tbsp blueberries
- 2 oz kale
- 2 oz agave
- 1 pinch cinnamon
- 1 tsp yogurt
- pinch of salt

instructions

1. **Vegetable Brunoise:** First cut pear and carrot into brunoise or very small dice, 1 tablespoon of each and blanch in water, ginger, salt and agave until tender and reserve.
2. **Vegetable Puree:** with the scraps or leftover of pear and carrot separately put in pot with water, salt and ginger cook until tender strain and puree in blender with agave and reserve.
3. **Blueberries:** put in hot sauté pan and blister, (no oil or sugar) cook till soft and reserve
4. **Kale:** tear the kale and put in hot sauté pan with agave and cinnamon quickly until wilted, reserve
5. **Quaker Oats:** follow the ratio on the side of the box
6. **Oat Crunch Garnish optional:** 1 tbsp of oats cook in sauté pan with agave & cinnamon until caramelized

Putting it all together:

1. Once the oat meal is fully cooked add 1 tbsps of the pear puree, 1 tsp of the carrot brunoise, 1 tsp of the pear brunoise, 1 tsp of agave, 1 pinch of salt and mix together; plate in a round ring and top with blistered blueberries, oatmeal crunch & wilted candied kale for the complimentary garnish.

For additional plate presentation:

1. Take the carrot puree and spoon on plate, top with brunoise of pear and carrots, and a few fresh blueberries. Place a dollop of yogurt with some additional oatmeal crunch on the opposite side of the plate, add some micro greens around if you like.