



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

By Kathy Hester

Download now

Read Online 

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

It's time to change the way you look at oatmeal. Gone are the boring oats with bland mix-ins because Kathy Hester, author of the bestselling book *The Vegan Slow Cooker* and *The Great Vegan Bean Book*, has dishes like Italian Veggie and Oat Sausage, Veggie Oat Taco and Oat Pizza Crust Topped with vegan sausage crumbles made from Steel-cut oats. She also includes new takes on traditional favorites like Banana Oatmeal Cookie Pancakes and Strawberries and Cream Overnight Refrigerator Oats.

With classic breakfast recipes taken to the next level with unique ingredients, tasty desserts and even savory lunch and dinner recipes, this book is the perfect gift for every oatmeal lover out there.

If you want to learn how to use heart-healthy oatmeal in new and exciting ways then it's time to get cooking. These recipes are the perfect way to add nutritious oatmeal to any dish so you can stay fit and happy while enjoying your favorite food.

 [Download OATrageous Oatmeals: Delicious & Surprising Plant- ...pdf](#)

 [Read Online OATrageous Oatmeals: Delicious & Surprising Plan ...pdf](#)

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

By Kathy Hester

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

It's time to change the way you look at oatmeal. Gone are the boring oats with bland mix-ins because Kathy Hester, author of the bestselling book *The Vegan Slow Cooker* and *The Great Vegan Bean Book*, has dishes like Italian Veggie and Oat Sausage, Veggie Oat Taco and Oat Pizza Crust Topped with vegan sausage crumbles made from Steel-cut oats. She also includes new takes on traditional favorites like Banana Oatmeal Cookie Pancakes and Strawberries and Cream Overnight Refrigerator Oats.

With classic breakfast recipes taken to the next level with unique ingredients, tasty desserts and even savory lunch and dinner recipes, this book is the perfect gift for every oatmeal lover out there.

If you want to learn how to use heart-healthy oatmeal in new and exciting ways then it's time to get cooking. These recipes are the perfect way to add nutritious oatmeal to any dish so you can stay fit and happy while enjoying your favorite food.

## OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester Bibliography

- Sales Rank: #459919 in Books
- Published on: 2014-09-16
- Released on: 2014-09-16
- Original language: English
- Number of items: 1
- Dimensions: 8.96" h x .63" w x 8.03" l, 1.00 pounds
- Binding: Paperback
- 208 pages

 [Download OATrageous Oatmeals: Delicious & Surprising Plant- ...pdf](#)

 [Read Online OATrageous Oatmeals: Delicious & Surprising Plan ...pdf](#)

## **Download and Read Free Online OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester**

---

### **Editorial Review**

### **Users Review**

#### **From reader reviews:**

#### **Yvonne Casey:**

The book OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain will bring that you the new experience of reading any book. The author style to spell out the idea is very unique. In case you try to find new book to learn, this book very acceptable to you. The book OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain is much recommended to you you just read. You can also get the e-book through the official web site, so you can quicker to read the book.

#### **Ines Patterson:**

You are able to spend your free time you just read this book this reserve. This OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain is simple to bring you can read it in the recreation area, in the beach, train along with soon. If you did not get much space to bring the particular printed book, you can buy the e-book. It is make you better to read it. You can save the actual book in your smart phone. Therefore there are a lot of benefits that you will get when you buy this book.

#### **Justin Belz:**

Beside that OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain in your phone, it might give you a way to get nearer to the new knowledge or details. The information and the knowledge you can got here is fresh through the oven so don't always be worry if you feel like an outdated people live in narrow village. It is good thing to have OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain because this book offers to your account readable information. Do you sometimes have book but you do not get what it's interesting features of. Oh come on, that will not happen if you have this within your hand. The Enjoyable blend here cannot be questionable, like treasuring beautiful island. Use you still want to miss it? Find this book along with read it from today!

#### **Craig Rushing:**

Don't be worry for anyone who is afraid that this book will probably filled the space in your house, you may have it in e-book method, more simple and reachable. That OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain can give you a lot of pals because by you looking at this one book you have matter that they don't and make you more like an interesting person. That

book can be one of one step for you to get success. This guide offer you information that maybe your friend doesn't learn, by knowing more than various other make you to be great individuals. So , why hesitate? Let's have OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain.

**Download and Read Online OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester #REQ16WOHDSL**

# **Read OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester for online ebook**

OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester books to read online.

## **Online OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester ebook PDF download**

**OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester Doc**

**OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester MobiPocket**

**OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester EPub**

**REQ16WOHDSL: OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble, Heart-Healthy Grain By Kathy Hester**