



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

By Kathy Hester

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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.

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