

QUAKER®

RECIPE BOOK





START EVERYDAY THE OATS WAY

**When you start your day on the right note
with a tasty and nutritious meal, you
get energy that keeps you going.
So try something new, tasty and exciting
every day, and adapt
to an active lifestyle with
Quaker Oats!**

TRIED & TESTED

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TRIED & TESTED

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SAVOURY RECIPES

OATS BEET AND TOMATO SOUP

INGREDIENTS

- ½ cup Quaker Oats, lightly roasted and powdered
- 4–5 ripe tomatoes, halved
- 1 medium-sized beet, roughly chopped
- 1 carrot, roughly chopped
- 2–3 cloves
- 4 peppercorns
- 4–5 garlic cloves, minced
- 1 onion, finely chopped
- ½ tsp dried rosemary
- 2 drops of oil (optional)
- Salt and pepper to taste

PREPARATION

- Step 1.** Heat 2 drops of oil in a pressure cooker. Sauté onion, herbs and spices till the onions turn pink.
- Step 2.** Add vegetables and 2½ cups of water.
- Step 3.** Pressure-cook for 5 whistles. Cool, puree and strain.
- Step 4.** Boil strained puree. Add Quaker Oats dissolved in ½ cup water.
- Step 5.** Add salt and pepper and simmer for 5 minutes.
- Step 6.** Serve hot.

*For powdered Quaker Oats, roast Quaker Oats for 2–3 minutes. Cool and grind in a mixer.

Serves: 4



OATS DOSA

INGREDIENTS

- 1 cup (100 gms) powdered Quaker Oats*
- ¼ cup (25 gms) powdered urad dal
- 1½ cups water (300 ml approx.)
- Salt to taste (optional)

FOR FILLING

- ½ onion - sliced, 1 green chilli - chopped,
- a few curry leaves
- 3 potatoes - boiled and mashed roughly
- ½ tsp brown mustard seeds (rai)
- 1 dry red chilli - broken into pieces
- Salt and red chilli powder to taste
- 1 tsp sambar powder

PREPARATION

- Step 1. Heat pan and add the dry red chilli and mustard seeds.
- Step 2. When it crackles, add onions, curry leaves and green chillies.
- Step 3. Cook on low heat till the onions turn soft.
- Step 4. Add salt, red chilli powder, sambar powder and potatoes.
- Step 5. Stir-fry for 2-3 minutes and keep aside.
- Step 6. Mix Quaker Oats* powder, urad dal powder and salt with water in a vessel to obtain a thin pouring batter.
- Step 7. Keep aside for 5 - 10 minutes till it becomes slightly thick.
- Step 8. Heat a non-stick pan. Pour a ladle of batter on low flame, spreading from inside to get a round shape,
- Step 9. When the edges turn brown, put some filling in the centre and fold over.
- Step 10. Remove and serve with chutney.

*For powdered Quaker Oats, roast Quaker Oats for 2 - 3 minutes.

Cool and grind in a mixer.

Makes: 5-6 dosas



OATS IDLI

INGREDIENTS

- ½ cup powdered Quaker Oats*
- ½ cup semolina / suji
- ½ tsp baking powder
- 1 cup low-fat curd
- Salt to taste
- ½ cup water (approx.)

PREPARATION

- Step 1.** Mix all the ingredients with water to make a thick but smooth batter.
- Step 2.** Keep aside for 10 minutes.
- Step 3.** Pour into the idli stands and steam for 10 – 15 minutes.

*For powdered Quaker Oats, roast Quaker Oats for 2 – 3 minutes.

Cool and grind in a mixer.

Serves: 8



OATS SPANISH OMELETTE

INGREDIENTS

- 1 cup (100 gms) Quaker Oats
- Egg white from 4 eggs
- Salt to taste (optional)
- ½ tsp pepper
- 2 tbsp skimmed milk (optional)
- 1 small capsicum, finely sliced
- 1 small onion, finely sliced
- ½ small tomato, finely sliced
- 2 mushrooms, finely sliced (optional)

PREPARATION

- Step 1.** Beat a mixture of egg white, Quaker Oats, salt, pepper and milk.
- Step 2.** On low flame, pour half of the egg mixture, and roll to cover the bottom of a non-stick pan.
- Step 3.** Sprinkle capsicum, onion, tomato and mushrooms on top and press gently.
- Step 4.** Cover the pan and cook for 1–2 minutes on low heat till the vegetables get steamed.
- Step 5.** Turn the side and cook till light golden. Make the other omelette with the remaining egg mixture.
- Step 6.** Serve with the vegetable side up. Cut into wedges, serve hot with toasted bread.

Serves: 4



OATS DHOKLA

INGREDIENTS

- 25gms roasted and powdered Quaker Oats*
- 25 gms gram flour (besan)
- 75 gms curd (prepared from skimmed milk)
- 2.5 gms ginger, grated
- Salt to taste (optional)
- 1.5 gms oil (optional)
- ¼ tsp baking powder

PREPARATION

- Step 1. Make a batter using Quaker Oats, curd and besan. Mix and keep aside for 1 hour.
- Step 2. Add ginger, salt and baking powder and mix well.
- Step 3. Grease a thali, pour dhokla batter in it and steam till done and set.
- Step 4. Heat oil in a pan. Add mustard seeds, chopped green chillies and 2tsp water.
- Step 5. Pour over dhokla. Cut into square pieces and serve.

*For powdered Quaker Oats, roast Quaker Oats for 2-3 minutes. Cool and grind in a mixer.

Serves: 2



DAKSHINI TOAST WITH QUAKER OATS

INGREDIENTS

- 2 tbsp (20g) powdered Quaker Oats*
- 4 oat bran bread slices
- ½ tsp small brown mustard seeds (rai)

Topping:

- ½ cup (50g) Quaker Oats
- ½ cup (50g) low-fat paneer - crumbled
 - 2 tbsp (20g) low-fat yogurt
- Salt to taste
- ¼ tsp pepper, or to taste
- ½ onion - very finely chopped
- 2 tbsp curry leaves - chopped
- ½ tomato - cut into half, deseeded and chopped finely

PREPARATION

- Step 1. Mix all topping ingredients with yogurt.
- Step 2. Spread topping on bread slices.
- Step 3. Sprinkle some brown mustard seeds and powdered Quaker Oats* over the topping.
- Step 4. Press down gently with finger tips.
- Step 5. Place a slice of bread with topping side down on a non-stick pan.
- Step 6. When topping is golden brown and crisp, turn and cook other side.
- Step 7. Cut each slice into 2 pieces and serve hot.

*For powdered Quaker Oats, roast Quaker Oats for 2-3 mins.
Cool and grind in a mixer.

Serves: 4



OATS POTATO SANDWICH

INGREDIENTS

- ½ cup (50g) roasted Quaker Oats
- 6 slices whole wheat bread
- 1 tbsp (10g) roasted sesame seeds (til)
- ¼ tsp cumin seeds (jeera)
- 1 tsp chopped ginger
- 1-2 green chillies - chopped
- 2 potatoes - boiled and mashed
- Salt to taste (optional)
- ½ tsp lemon juice
- ¼ tsp red chilli powder
- 1 tbsp chopped fresh coriander
- 2 tbsp skimmed milk
- 3 tsp hari chutney or mango chutney
- 1 tomato - cut into round slices



PREPARATION

- Step 1. Add mashed potatoes, salt, red chilli powder and sauté for 4-5 mins.
- Step 2. Add Quaker Oats and sauté for 2-3 mins. Sprinkle milk if dry.
- Step 3. Add chopped coriander, lemon juice & sesame seeds.
- Step 4. Spread some chutney on two slices of bread.
- Step 5. Spread some filling on one bread. Place tomato slices and sprinkle salt & pepper.
- Step 6. Cover with another bread and toast.
- Step 7. Cut into 4 triangles and serve.

Serves: 6

OATS MASALA PANCAKES

INGREDIENTS

BATTER

- 1 cup (100g) Quaker Oats - grind to a powder in a mixer
- 3 tbsp (30g) gram flour (besan)
- 1½ cups (300g) water, approx.
- 1 tsp dry fenugreek leaves (kasoori methi)
- 1 small (50g) onion - very finely chopped
- 1 small (50g) tomato - very finely chopped
- 1-2 green chillies - deseeded and very finely chopped
- 1 tbsp (5 gms) chopped fresh coriander
- Salt to taste (optional)
- ½ tsp garam masala
- ¼ tsp turmeric (haldi)

PREPARATION

- Step 1.** Mix all ingredients of the batter together in a bowl. Beat well, adding enough water to make a batter of pouring consistency.
- Step 2.** Heat a non-stick pan, grease lightly and pour 1 small ladle of batter.
- Step 3.** Spread lightly. Turn after 2 mins, when the edges get slightly brown. Cook the other side.
- Step 4.** Serve hot with mint chutney.

Makes: 8



OATS THEPLA

INGREDIENTS

BATTER

- 1 cup whole wheat flour (atta)
- ½ cup powdered Quaker Oats*
- 2 tbsp gram flour (besan)
- ½ tsp turmeric
- A pinch of asafoetida
- ½ cup finely chopped fenugreek leaves(methi)
- 1 tbsp low fat curd
- A pinch of soda
- Salt & chopped green chilli to taste
- Warm water for kneading
- Few drops of vegetable oil (optional)

PREPARATION

- Step 1. Knead all the ingredients to soft pliable dough.
- Step 2. Set aside for 10 mins. Divide into 4-5 balls and roll into thin chapatis.
- Step 3. Sprinkle a drop of oil on a non-stick pan and cook till both the sides are crisp and golden.

*For powdered Quaker Oats, roast Quaker Oats for 2-3 mins. Cool and grind in a mixer.

Makes: 4-5 Theplas



OATS PAALAK PARANTHAS

INGREDIENTS

- ½ cup (50 gms) powdered Quaker Oats*
- ½ cup wholewheat flour (atta)
- ¼ tsp carom seeds (ajwain)
- A pinch of salt (optional)
- ¼ cup skimmed milk

FOR FILLING

- 2 cups (100 gms) finely chopped spinach
- 1 tsp finely chopped ginger and garlic, ½ tsp chopped chilli
- 2 tsp low-fat curd
- 50 gms low-fat paneer – preferably home-made and mashed
- ¼ tsp salt to taste (optional)
- tsp red chilli powder to taste



PREPARATION

- Step 1.** Mix the dough ingredients and make a soft dough with water. Cover and keep aside.
- Step 2.** Heat non-stick pan. Add ginger, garlic and chopped chilli, and stir.
- Step 3.** Add curd and sauté for 1 – 2 minutes. Add chopped spinach and cook on medium flame till dry.
- Step 4.** Add salt, red chilli powder and paneer. Dry-cook for 1 – 2 minutes. Remove from fire and allow to cool.
- Step 5.** Divide dough into 3 – 4 balls. Roll into a small flat circle, place filling in the center and close from all sides.
- Step 6.** Press over the dry flour and roll into medium-sized paranthas.
- Step 7.** Cook paranthas on medium heat, spreading 1 tbsp milk on both sides till brown patches appear.
- Step 8.** Serve hot.

*For powdered Quaker Oats, roast Quaker Oats for 2 – 3 minutes. Cool and grind in a mixer.

Makes: 3

OATS PATTY BURGER

INGREDIENTS

PATTY (TIKKI)

- 1½ cups (150g) Quaker Oats • 4 potatoes - boiled & grated • 1 onion - finely chopped
- 1 carrot - grated
- 10-12 french beans - chopped, 1 capsicum - chopped
- Pinch of salt (optional)
- ½ tsp oregano, ½ tsp pepper, ½ tsp red chilli flakes

OTHER INGREDIENTS

- ½ cup (100g) skimmed milk
- 5-6 tbsp (50g) low fat thick yogurt whisked with a pinch salt, pepper & red chilli flakes
- 9 fresh small whole wheat burger buns
- A few lettuce leaves, a few tomato slices



PREPARATION

- Step 1. Add 1 cup Quaker Oats and cook for 1 min.
- Step 2. Add carrots, beans and capsicum, cook for 2-3 mins.
- Step 3. Add salt, oregano, pepper & red chilli flakes. Cook for 2-3 mins.
- Step 4. Add boiled and grated potatoes. Cook for 5 mins. Remove from fire and cool.
- Step 5. Make 9 balls and shape into round patties (tikki).
- Step 6. Spread remaining ½ cup Quaker Oats in a plate.
- Step 7. Dip tikki in ½ cup milk and immediately roll in Quaker Oats spread in plate.
- Step 8. Refrigerate for 10 mins. Cook tikkis in a non-stick pan, till brown and crisp.
- Step 9. Cut buns into half, and press them lightly on a hot tawa on medium heat till soft.
- Step 10. Remove from pan. Spread spiced curd on a bun, place lettuce leaf, a hot tikki on it and then spread some curd. Arrange a slice of tomato. Sprinkle a pinch of salt & pepper, dot with a tsp curd.
- Step 11. Cover with second half of bun and serve hot.

Serves: 9

OATS MASALA BUTTERMILK

INGREDIENTS

- ½ cup Quaker Oats
- ½ cup low-fat yogurt / curd
- ½-inch piece ginger
- ¼ cup mint leaves
- ¼ tsp cumin (jeera) powder
- ½ tsp sugar (optional)
- Black salt and green chillies to taste

PREPARATION

- Step 1.** Roast Quaker Oats for 4 – 5 minutes. Cool and grind.
- Step 2.** Soak Quaker Oats in ¾ cup hot water for 2 – 3 minutes.
- Step 3.** Blend mint leaves, chillies, ginger and soaked Quaker Oats till smooth.
- Step 4.** Add curd, spices and a cup of ice-cold water. Blend for 30 seconds.
- Step 5.** Garnish with mint and serve.

Makes: 3 glasses



OATS POHA

INGREDIENTS

- 2 cups (200g) roasted Quaker Oats
- 1 potato - boiled and cut into small cubes
- 1 cup boiled peas
- ½ tsp mustard seeds (sarson)
- 1 sprig of curry leaves (optional)
- ½ tsp turmeric (haldi) powder
- Salt to taste (optional)
- ½ tsp red chilli powder
- 1 green chilli - chopped finely
- 1 tbsp lemon juice, or to taste
- ¼ tsp sugar (optional)
- 2 tbsp chopped fresh coriander
- ½ cup skimmed milk mixed with ½ cup water

PREPARATION

- Step 1. Add potatoes, peas & green chilli.
- Step 2. Add turmeric, salt, red chilli powder, lemon juice & sugar.
- Step 3. Add Quaker oats, mix well and cook covered for a few secs on medium heat.
- Step 4. Add ½ cup milk and ½ cup water, little by little, stirring so that oats get soft.
- Step 5. Add coriander. Stir carefully so that the grains remain separate.
- Step 6. Remove from fire. Serve hot.

Serves: 4-5



OATS HANDVO

INGREDIENTS

- ½ cup Quaker Oats* powdered
- 2 tbsp gram flour (besan)
- 2 tbsp rice flour
- 4 tbsp semolina (sooji)
- 1 cup sour curd
- ½ cup grated carrot
- ¼ cup grated bottle gourd
- ¼ cup sweet corn/peas
- 2 tsp ginger garlic paste
- 1 tbsp lemon juice
- ¼ tsp turmeric
- ¼ tsp fruit salt (optional)
- Salt & green chilli to taste

FOR TEMPERING

- ½ tsp each sesame, mustard & poppy seeds



PREPARATION

- Step 1. Mix all ingredients except fruit salt with water to make a smooth batter.
- Step 2. Keep it covered for an hour.
- Step 3. Grease a non-stick pan and splutter sesame, poppy & mustard.
- Step 4. Add fruit salt to batter and pour into the pan.
- Step 5. Cook covered on low flame for 15 mins or till set.
- Step 6. Gently flip over other side and cook till firm. Cut into wedges and serve.

(Handvo can also be baked. Pre-heat oven and bake at 180°C for 25 mins)

*For powdered Quaker Oats, roast Quaker Oats for 2-3 mins.

Cool and grind in a mixer.

Serves: 4

OATS AND BROCCOLI SOUP

INGREDIENTS

- 3 tbsp Quaker Oats,* roasted and powdered
- 1 cup broccoli florets
- 4-5 garlic cloves, minced
- 3 cups of water
- ½ cup skimmed milk
- 1 onion, finely chopped
- 3 tbsp frozen / freshly steamed sweetcorn
- 2 drops of oil for sautéing
- Salt and pepper to taste

PREPARATION

- Step 1. Blanch broccoli, strain and reserve water.
- Step 2. Keep few aside and puree the rest.
- Step 3. Heat 2 drops of oil and sauté garlic and onion.
- Step 4. Add puree, blanched florets and reserved water.
- Step 5. Add milk, sweetcorn, pepper and Quaker Oats dissolved in ½ cup water.
- Step 6. Simmer for 5 minutes and serve hot.

*For powdered Quaker Oats, roast Quaker Oats for 2-3 minutes. Cool and grind in a mixer.

Serves: 4



OATS AND SPINACH MASALA SWIRL

INGREDIENTS

- ½ cup Quaker Oats
- ¾ cup hot water
- 1 cup ice-cold water
- 10–12 spinach leaves / ¼ cup blanched spinach
- 1½ cup low-fat yogurt
- 1 tsp roasted jeera powder
- Rock salt to taste
- ¼ tsp paprika (optional)
- Salt to taste (optional)

PREPARATION

- Step 1.** Soak Quaker Oats in hot water for 2–3 minutes. Mix to form a smooth mixture.
- Step 2.** Put the spinach leaves and soaked Quaker Oats in a blender and blend till smooth.
- Step 3.** Mix in yogurt, cold water and spices. Blend for another 30 seconds.
- Step 4.** Garnish with a dash of paprika and serve immediately.

Makes: 3 glasses



OATS UPMA

INGREDIENTS

- 1 cup (100 gms) powdered Quaker Oats*
- ½ tsp mustard seeds (sarson)
- 1 dry red chilli
- 2 tbsp split gram dal (chane ki dal)
- 1 tsp split black beans (urad dal)
- 10–12 curry leaves – optional
- 1 onion, chopped finely
- 1 tomato, chopped
- 2 cups water
- Salt to taste (optional)
- ½ cup (50 gms) corn kernels, boiled or frozen
- ½ capsicum, chopped finely
- Juice of 1 lemon



PREPARATION

- Step 1.** Add mustard seeds, dry red chilli, chana dal, urad dal and curry leaves in a heated pan.
- Step 2.** Stir on low heat till the dal turns light brown. Add onions and stir till it turns soft.
- Step 3.** Add boiling water and salt. Cover and cook on low flame for 3–4 minutes.
- Step 4.** Add chopped tomato, capsicum and corn kernels.
- Step 5.** Now add Quaker Oats gradually with one hand, stirring with the other hand continuously.
- Step 6.** Stir-fry the upma for 2–3 minutes till dry. Turn off fire and add lemon juice. Mix well and serve.

*For powdered Quaker Oats, roast Quaker Oats for 2–3 minutes. Cool and grind in a mixer.

Serves: 4

OATS PLUS UTTAPAM

INGREDIENTS

FOR BATTER

- 1 cup (100 gms) Quaker Oats Plus
- ½ cup (50 gms) semolina / suji
- ¼ tsp asafoetida (hing) powder
- ½ tsp baking powder
- Salt to taste (optional)
- ¾ cup water (approx.)

FOR TOPPING

- ¼ cup grated carrots
- 1 onion, chopped
- 1 tomato, chopped
- ¼ cup boiled peas
- ¼ cup chopped cabbage
- 1 – 2 chopped green chillies
- ¼ tsp black pepper powder
- Curry leaves
- Salt to taste (optional)

Mix and keep aside.

PREPARATION

- Step 1.** Mix all batter ingredients to obtain a thick pouring consistency. Keep batter aside for ½ hour.
- Step 2.** Mix batter and pour 1 ladle on to a non-stick pan (on low flame).
- Step 3.** Spread batter (keep slightly thick) and sprinkle toppings and press lightly with a spoon to set.
- Step 4.** Cook till both sides are crisp and golden.

Serves: 3-4



OATS SESAME SPINACH TOAST

INGREDIENTS

- ½ cup (50g) roasted Quaker Oats
- 4 brown bread slices
- 1 cup (100g) finely chopped spinach (paalak) leaves
- 1 small onion - chopped
- Salt & pepper to taste
- ½ cup (100g) low fat milk
- 4 tsp tomato puree (prepared in a mixer)
- 2 tsp sesame seeds
- A few tomato slices - cut into strips for garnishing

PREPARATION

- Step 1. Heat a pan. Add roasted Quaker Oats, chopped onion and sauté for a min.
- Step 2. Add chopped spinach, salt and pepper and sauté for 2 mins.
- Step 3. Add milk stirring continuously and cook for 2 mins.
- Step 4. Remove from fire and keep aside.
- Step 5. Pre-heat oven at 200°C.
- Step 6. Spread 1 tsp tomato puree on each slice.
- Step 7. Spread spinach mixture on it and sprinkle sesame seeds.
- Step 8. Garnish with tomato strips and bake for 7-8 mins till bread is toasted.
- Step 9. Serve whole or cut into 2 triangles.

Serves: 4



OATS PIZZA PARANTHA

INGREDIENTS

FOR THE DOUGH

- ½ cup roasted and powdered Quaker Oats* • 1 cup whole wheat flour
- ¼ tsp oregano
- 2 tbsp tomato puree (prepared in a mixer) /readymade pizza sauce
- Salt to taste (optional)

FOR THE TOPPING

- ½ cup finely chopped onion, tomato & capsicum
- 2-3 flakes of garlic finely minced
- ¼ tsp oregano
- Salt & chilli to taste
- 2 tsp powdered Quaker Oats*
- 2 tsp finely grated mozzarella cheese



PREPARATION

- Step 1.** Mix dough ingredients, knead in warm water and keep aside.
- Step 2.** Grease non-stick pan with a drop of oil & sauté vegetables till tender and dry.
- Step 3.** Add salt, oregano & Quaker Oats. Cool and mix grated cheese.
- Step 4.** Divide dough into small balls. Place filling inside and roll into chapattis.
- Step 5.** Grease non-stick pan and cook till both the sides are brown and crisp.

*For powdered Quaker Oats, roast Quaker Oats for 2-3 mins. Cool and grind in a mixer.

Serves: 2-3 Paranthas

OATS CREAMY MUSHROOMS

INGREDIENTS

- ½ cup Quaker Oats
- 1 grated garlic
- 1 finely chopped onion
- ½ cup finely chopped mushrooms
- 2 drops oil (optional)
- 1 cup skimmed milk
- ¼ tsp oregano
- Salt to taste (optional)

PREPARATION

- Step 1.** Heat oil in a non-stick pan & add onion, garlic & mushrooms & sauté till tender.
- Step 2.** Add milk, Quaker Oats, oregano & salt. Cook for 3 minutes.
- Step 3.** Sprinkle some pepper & chilli flakes & serve.



OATS WITH SPINACH AND PANEER

INGREDIENTS

- ½ cup Quaker Oats
- ¼ cup skimmed milk
- 1 cup finely chopped spinach
- 2 cloves and 2 – 3 flakes minced garlic
- Chilli flakes
- A pinch of garam masala
- Julienned ginger and salt to taste (optional)
- ¼ cup crumbled low-fat paneer

PREPARATION

- Step 1. Boil together ¾ cup water and milk.
- Step 2. Add spinach, cloves and garlic and let simmer for 1 minute.
- Step 3. Add Quaker Oats, chilli flakes, garam masala, julienned ginger and salt.
- Step 4. Cook for 3 minutes. Remove from flame.
- Step 5. Top with paneer and serve.



OATS BAKED VEGETABLE

INGREDIENTS

- 7-8 french beans - cut diagonally into 1" pieces
- 1 medium size carrot - cut into ¾" pieces
- ¼ small cauliflower - cut into small florets (1 cup)
- ½ cup shelled peas
- 1 small potato - cut into cubes
- 100g small bottle ground (ghiya) - cut into cubes

OATS WHITE SAUCE

- 1 cup (100g) roasted Quaker Oats
- 3 cups (600g) skimmed milk
- ½ tsp pepper, salt to taste (optional)
- 2 tbsp tomato puree

PREPARATION

- Step 1.** Pressure cook all vegetables with a little salt and ¼ cup water.
- Step 2.** Switch off when hissing sound starts. Let pressure drop by itself.
- Step 3.** Boil milk, add roasted Quaker Oats and stir till thick.
- Step 4.** Add salt, pepper and tomato puree.
- Step 5.** Add boiled vegetables to sauce and transfer to a baking dish. Sprinkle some Quaker Oats.
- Step 6.** Pre-heat oven. Bake for 20 mins at 200°C.
- Step 7.** Grill for 5 mins, if not browned.
- Step 8.** Serve hot with any soup and multigrain bread for a wholesome meal.

Serves: 6



OATS MUSROOM CRACKERS

INGREDIENTS

- 6 veggie crackers (biscuits)
- 100g mushroom - finely chopped
- 1 onion - chopped
- 1 tbsp chopped fresh coriander
- 2 tbsp low-fat cheese (grated)
- 1 tbsp roasted peanuts
- Salt to taste (optional)
- ½ tsp freshly ground pepper

SAUCE

- ¼ cup (25g) roasted Quaker Oats
- 1 cup (200g) skimmed milk topping
- 1 tomato - cut into thin strips

PREPARATION

- Step 1.** Heat a pan, add onions and sauté for a minute.
Add mushrooms and sauté till dry.
- Step 2.** Add Quaker Oats and milk.
Stir till thick.
- Step 3.** Remove from heat and add salt, pepper, peanuts, chopped fresh coriander and cheese.
- Step 4.** Put 1 tbsp mushroom mixture on each cracker.
Garnish with coriander and tomato.

Serves: 6



OATS CHANA BUNS

INGREDIENTS

- 8 whole wheat burger buns
- Milk for brushing

FOR FILLING

- ½ cup (50g) Quaker Oats - lightly roasted
- ½ cup (50g) chick peas (kabuli chanas) - soak overnight
- 2 tbsp chopped fresh coriander
- 1½ cups shredded spinach
- 1 tsp chopped garlic, 1 tsp chopped ginger
- 1 onion - chopped finely, 3 tomatoes - puree in a grinder
- 1 green chilli - chopped
- 1 tsp red chilli flakes, 1 tsp coriander powder
- ½ tsp dry mango powder (amchoor)
- Salt to taste (optional)
- ½ tsp roasted cumin powder, ½ tsp pepper



PREPARATION

- Step 1.** Heat a non-stick pan. Add onion and cook till golden brown. Add ginger-garlic and stir for a few seconds. Add spinach and sauté for 2 mins.
- Step 2.** Add pureed tomatoes green chilli, dry mango powder, red chilli flakes, coriander powder, salt, roasted cumin powder & pepper. Stir for 4-5 mins till dry.
- Step 3.** Add chick peas along with the water and fresh coriander. Mash once or twice and stir fry for about 2-3 mins till masala coats the chanas.
- Step 4.** Add Quaker Oats. Mix well for 1 minute. Remove from fire and keep aside to cool.
- Step 5.** Empty the buns by making a hollow in the centre. Brush edges and all around with milk. Fill with chana filling and put in a preheated grill for 6 mins till crisp and golden at the edges. Serve.

Makes : 8

MULTIGRAIN OATS CRUSTED PANEER BITES

INGREDIENTS

- 200 gms paneer
- ½ tsp turmeric powder
- 1 tbsp freshly grated ginger & garlic (or ginger garlic paste)
- 2 tsp lemon juice
- 2 tsp chaat masala
- 1 tsp jeera powder
- Salt to taste (optional)
- Chili powder to taste
- ¼ cup Quaker oats flour
- ½ cup yogurt
- 2 tbsp water
- 1 tsp kasuri methi
- 1 cup Quaker MG Oats (100gms)
- 1 tsp garlic powder (opt)
- 1 tsp melted butter or ghee (opt)



PREPARATION

- Step 1.** Dice paneer into 1 inch cubes, sprinkle salt, turmeric, chaat masala & jeera powder.
- Step 2.** Add in lemon juice, grated ginger garlic, toss gently & keep aside.
- Step 3.** Combine Quaker Oats flour, yogurt, salt & water to make a slurry.
- Step 4.** Lightly crush MG oats, add in salt & garlic powder. Keep aside, according to preference.
- Step 5.** Dip a piece of paneer into slurry, roll into MG oats mix & keep on a plate. Repeat with rest.
- Step 6.** Bake the crusted paneer bites in a preheated oven or airfryer at 180° C for 10-15 mins or till the top is crisp & golden brown.
- Step 7.** Plate in a serving dish, drizzle melted butter & lemon juice, sprinkle chaat masala. Serve.

(Paneer can be substituted with Tofu for tofu bites)

Serves: 3-4

Recipe Developed By Cookery Expert, Natasha Minocha.

MULTIGRAIN OATS INDORI STYLE POHA

INGREDIENTS

- 1 cup Quaker MG Oats (100 gms)
- 1 tsp turmeric
- 1 tsp sugar (optional)
- Salt to taste (optional)
- 2 green chilies finely chopped
- 1 onion finely chopped
- 2 tsp jeeravan masala* (Indori Poha Masala)
- 2 tbsp chopped coriander
- 2 tbsp pomegranate arils

FOR TEMPERING

- 1 tsp oil (optional)
- ½ tsp mustard seeds
- ½ tsp fennel seeds
- 5-6 curry leaves



PREPARATION

- Step 1. Place MG Oats in a colander, wash 2-3 times, drain & keep aside.
- Step 2. Toss in salt, turmeric & sugar. Mix till well combined.
- Step 3. Heat oil in a pan, add mustard seeds, once it starts to splutter add fennel & curry leaves, gently stir in moist oats & mix well.
- Step 4. Turn off the flame & keep covered for 5 mins for flavors to blend.
- Step 5. Transfer to a serving bowl, top with chopped onion, coriander, pomegranate & jeeravan masala. Serve.

*(Substitute for Jeeravan masala – Mix together ¼ tsp cumin powder, ¼ tsp garam masala, ¼ tsp black salt, ¼ tsp chaat masala, ¼ tsp coriander powder)

Serves: 3

MULTIGRAIN OATS DOSA

INGREDIENTS

- 1 cup Quaker MG Oats (100 gms)
- ½ cup de husked urad dal (100gms)
- ½ tsp methi seeds
- Salt to taste (optional)
- 1 tsp oil/ghee for roasting

PREPARATION

- Step 1.** Soak urad dal & methi seeds for 5-6 hours. Rinse drain & keep aside.
- Step 2.** Soak MG Oats in 1 cup water for 15 mins.
- Step 3.** Grind the soaked urad & methi seeds (adding ½ cup chilled water & 2-3 ice cubes intermittently) to a fine paste.
- Step 4.** Pour the paste in a large container.
- Step 5.** Grind the soaked oats with ¼ cup water & add to the urad paste.
- Step 6.** Add salt & mix well. Cover & keep aside for 6-8 hours to ferment.
- Step 7.** Gently stir the fermented batter (add a few tsp of water to thin down if needed).
- Step 8.** Heat a seasoned cast iron skillet, take a ladle full of batter & gently spread into a roundel.
- Step 9.** Drizzle few drops oil around the edges & center, Cook for 2-3 mins on low to medium heat till crisp & golden.
- Step 10.** Serve hot with sambhar & coconut chutney.

(Rock salt helps in better fermentation)

Serves: 7-8 dosas



MULTIGRAIN OATS PANIYARAM

INGREDIENTS

- ½ cup Quaker MG Oats (50 gms)
- 3 tbsp semolina (sooji)
- 2 tbsp curd
- 2 tbsp finely chopped mix vegetables (onion, capsicum, corn, etc)
- ½ cup + ¼ cup water
- ¼ tsp fruit salt (Eno)
- Salt to taste (optional)
- ½ tsp oil for brushing

FOR TEMPERING

- ½ tsp vegetable/olive oil (optional)
- ½ tsp mustard seeds
- 4-5 curry leaves
- 1 green chili finely chopped (opt)

PREPARATION

- Step 1.** Soak MG Oats in ½ cup water for 10 min. Grind coarsely & transfer to a big bowl.
- Step 2.** Add in semolina, curd, salt, chopped vegetables & ¼ cup water. Mix well & keep aside for 10 mins.
- Step 3.** Heat ½ tsp oil in a tempering pan, splutter mustard seeds, add curry leaves & green chili.
- Step 4.** Pour the tempering over the oats batter. Sprinkle fruit salt & mix gently.
- Step 5.** Heat & grease a panyaram pan, spoon batter into each cavity & cook on medium flame for 3-4 mins . Flip over, cover and cook for another 3-4 mins or till crisp.
- Step 6.** Serve with green chutney.

Serves: 12-14 panyarams



MULTIGRAIN OATS BISI BELE BHATH

INGREDIENTS

- 1 cup Quaker MG Oats (100 gms)
- ½ cup Arhar (toor) daal
- 1 cup chopped mix vegetables (carrot, peas, capsicum, onion, tomato)
- 1 tsp turmeric
- ¼ tsp asafetida
- 1 tsp mustard seeds
- 7-8 curry leaves
- 1 whole dry chili
- 2 tbsp Bisi bele bhaat spice mix
- 2 tsp tamarind paste
- 2 tsp jaggery powder (opt)
- 1 tbsp desiccated coconut
- 1 tsp ghee (optional)
- Salt to taste
- 2 ½ cups + ¼ cup water
- 1 tbsp roasted peanuts for garnishing (opt)



PREPARATION

- Step 1. Wash & soak dal for half hour.
- Step 2. Dry roast MG Oats for 2-3 mins and keep aside.
- Step 3. Heat ghee in a pressure cooker, add mustard seeds, curry leaves, asafetida & red chili.
- Step 4. Once mustard starts spluttering, add in vegetables and saute for a min.
- Step 5. Mix in soaked dal, MG Oats, turmeric, salt & 2 ½ cups water, pressure cook for 5-6 whistles.
- Step 6. Once the pressure releases, remove the lid of the pressure cooker & add in jaggery powder, tamarind paste, bisi bele bhaat spice mix, coconut & ¼ cup hot water. Mix well and cook for another 2-3 mins.
- Step 7. Cover & keep aside for 5 mins for the flavors to blend. Garnish with peanuts & serve.

Serves: 4

Recipe Developed By Cookery Expert, Natasha Minocha.

SPICE MIX FOR BISI BELE BHATH

INGREDIENTS

- 2 tsp chana dal
- 2 tsp urad dal
- 1 tsp cumin
- 1 tsp sesame seeds
- 2 tsp coriander seeds
- 2-3 dry red chillies
- 1" piece cinnamon
- 3 cloves
- 2 green cardamom
- 1 black cardamom peeled
- 3-4 black pepper
- 5-6 curry leaves

PREPARATION

- Step 1. Dry roast all the ingredients on low to medium flame for 2-3 mins or till fragrant.
- Step 2. Cool & grind to fine powder.

(Readymade bisi bele bhaat powder can also be used.
Chilies, jaggery & tamarind can be adjusted to taste)



The page features decorative floral and leaf motifs in the corners. In the top right, there are yellow leaves, a red flower, and a blue star-shaped ornament. In the bottom left, there are yellow leaves, a red strawberry, and a blue berry.

SWEET RECIPES

OATS AND DATES PIE

INGREDIENTS

- 20g roasted and powdered Quaker Oats*
- 20g semolina (suji)
- Sugar to taste (optional)
- 2.5ml oil (optional)
- 5g chopped dates
- 1 tsp lemon juice
- 50g peeled and grated apple
- 15g chopped walnuts
- 2 tsp boiling water

PREPARATION

- Step 1. Mix Quaker Oats and semolina with sugar and oil.
- Step 2. Mix apples, dates and walnuts. Add boiling water and lemon juice and stir till smooth.
- Step 3. Pre-heat Oven (375°F). Grease a baking dish.
- Step 4. Spread half of the Quaker Oats and semolina mixture in the dish.
- Step 5. Top it with a layer of date mixture and cover with rest of Quaker Oats mixture.
- Step 6. Bake for 35-40 mins. (Reduce heat after 20 mins if topping is becoming brown).

*For powdered Quaker Oats, roast Quaker Oats for 2-3 mins. Cool and grind in a mixer.

Serves: 2



OATS ORANGE FLAVOR

INGREDIENTS

- ½ cup Quaker Oats
- ¾ cup orange juice
- 2 tbsp pomegranate pearls
- ¼ tsp orange zest
- 2 tsp raisins
- Sugar to taste (optional)

PREPARATION

- Step 1. Boil ½ cup water with orange juice.
- Step 2. Add Quaker Oats and cook for 2-3 mins.
- Step 3. Turn off flame and add pomegranate pearls, orange zest, raisins and sugar.
- Step 4. Mix and serve.



CHOCOLATE BAKED OATS WITH CHOCO CHIPS

INGREDIENTS

- 1½ cups Quaker Oats
- ⅓ cup sugar (optional)
- ¼ cup melted butter/oil
- Egg white from 2 eggs
- 1 tsp baking powder
- ¾ cup skimmed milk
- 1 tsp vanilla flavour
- 2 tbsp cocoa
- ⅓ cup chocolate chips

PREPARATION

- Step 1. Pre-heat the oven to 180°C.
- Step 2. Grease an 8" pan or line a cupcake tray with cupcake liners.
- Step 3. Mix all ingredients together.
- Step 4. Bake for 20-25 min or until the edges are golden brown.

Serves: 9



MULTIGRAIN PORRIDGE

INGREDIENTS

- 45g/4tbsp Oats
- Multigrain
- 1 ¼ glass skimmed milk (260ml approx.)
- Sugar/honey (optional)
- Almonds (suggested)
- Dates (suggested)
- Fresh fruits (suggested)

PREPARATION

- Step 1.** In a bowl, add the Quaker Oats Multigrain as per suggested measurements.
- Step 2.** Add the skimmed milk to the bowl.
- Step 3.** Cook or microwave for approx. 3 minutes, while stirring occasionally.
- Step 4.** Add honey or sugar to make it sweeter according to preference.
- Step 5.** Garnish with almonds, dates and fresh fruits.

Serves: 9



MULTIGRAIN OATS SWEET PONGAL

INGREDIENTS

- ½ cup Quaker MG Oats (50 gms)
- 2 tbsp split yellow mung dal
- ¼ cup jaggery powder
- 1 tsp cardamom powder
- 5-6 almonds chopped
- 7-8 raisins
- 1 tsp ghee (optional)
- 2 cups water

PREPARATION

- Step 1. Soak mung dal for half hour.
- Step 2. Dry roast MG oats for 2-3 mins & keep aside.
- Step 3. Pressure cook rinsed mung dal with MG oats & 2 cups water on medium flame for 7-8 whistles.
- Step 4. Remove the lid of the pressure cooker, add in jaggery powder & cardamom powder, mix well till mixture looks mushy.
- Step 5. Heat ghee in a pan, lightly roast almonds & raisins & add to the pongal mix. Serve immediately.

(As the pongal cools down it thickens, hence add a tsp of hot water while reheating)

Serves: 4



MULTIGRAIN OATS DATES SEED AND NUT LADOO

INGREDIENTS

- ½ cup Quaker MG Oats (50 gms)
- 14-15 seedless dates (any soft variety)
- 2 tsp pumpkin seeds
- 2 tsp sunflower seeds
- 9-10 almonds (10 gms)
- 4 walnut kernel halves (12 gms)
- 1 tsp chia seeds (opt)
- 1 tsp ghee / unsalted butter (optional)

PREPARATION

- Step 1. Dry roast Quaker MG Oats for 2-3 mins, cool & grind.
- Step 2. Dry roast almonds, walnuts, pumpkin & sunflower seeds for a min. Cool & grind coarsely. Grind dates till pasty.
- Step 3. Heat ghee in a pan, add in ground dates, powdered MG Oats, nuts & chia seeds. Mix well and turn off the flame.
- Step 4. Shape into 7-8 ladoos while still warm. Serve.

(Can be stored in airtight box upto 10 days)

Serves: 7-8 ladoos



MULTIGRAIN OATS PURAN POLI

INGREDIENTS

- ½ cup Quaker MG Oats (50 gms)
- ¼ cup chana dal (50gms)
- ¼ cup jaggery powder (30 gms)
- 1 ½ cup whole wheat flour (180 gms)
- ¼ tsp turmeric
- ½ tsp cardamom powder
- pinch of nutmeg (opt)
- 2 tsp ghee (optional)
- Water for kneading

PREPARATION

- Step 1.** Dry roast MG oats, grind to a fine powder & keep aside.
- Step 2.** For Puran (filling) - Soak Chana dal for 15-20 min. Pressure cook with ¾ cup water for 5-6 whistles. Strain the dal & reserve excess water.
- Step 3.** Heat ½ tsp ghee in a pan, add in Chana dal, jaggery powder, powdered MG Oats & mix well. Add in 2 tbsp chana dal water and cook for 2-3 mins or till the excess water evaporates & the mixture thickens and starts leaving the sides of the pan.
- Step 4.** Using a potato masher, mash the mixture till smooth. Mix in cardamom powder & nutmeg. Keep aside to cool.
- Step 5.** For Poli (covering) - In a large bowl combine whole wheat flour, ½ tsp ghee & turmeric, slowly add water and knead to soft pliable dough.
- Step 5.** Divide both the filling & dough into 7-8 balls.
- Step 6.** Flatten the dough ball, encase the puran filling & seal the edges. Dust the working surface with some flour, pat into a small roundel & gently roll into a thin disc (like a paratha).
- Step 7.** Place the puran poli on a hot skillet, drizzle few drops of ghee. Cook evenly from both sides till golden brown.
- Repeat with rest. Serve.

(Can be stored in airtight box upto 10 days)

Serves: 7-8 polis

Recipe Developed By Cookery Expert, Natasha Minocha.





OVERNIGHT RECIPES



APPLE CINNAMON ONO

INGREDIENTS

FOR SOAKING THE OATS OVERNIGHT

- Quaker Oats - 1 cup
- Milk - $\frac{3}{4}$ cup
- Orange Juice - $\frac{1}{4}$ cup

FOR SUMMER FRUIT COMPOTE

- Butter as per taste
- Gooseberries chopped - $\frac{1}{2}$ cup
- Ripe mango chopped - 1
- 2 passion fruit pulp - 2
- Honey as per taste
- Cinnamon powder - 1 tbsp

FOR ASSEMBLING IN THE JAR

- Prepared overnight soaked oats - 1 cup
- Apple cut into cubes - 1
- Strawberries thickly sliced - 4 to 5
- Kiwi cut into cubes - 1
- Prepared summer compote as required.
- Flax seeds (alsi seeds) soaked - 2 tbsp
- Few mint leaves for garnish.



PREPARATION

FOR SOAKING THE OATS OVERNIGHT

Step 1. Soak Quaker Oats in a jar with milk & orange juice overnight.

FOR SUMMER FRUIT COMPOTE

Step 2. Heat a saucepan, add some butter and add in fruits like gooseberries, mangoes, passion fruit etc. Cook with honey and some water, lastly add cinnamon powder & cool down.

FOR ASSEMBLING IN THE JAR

Step 3. Take a mason jar and arrange sliced strawberries sticking to the glass at the bottom.

Step 4. Then set the first layer with overnight oats, add in chopped apples and soaked flax seeds, then add the summer fruit compote & lastly add cut fruits on top.

TROPICAL ONO

INGREDIENTS

- Oats - 1 Cup
- Milk - 3/4th Cup
- Orange Juice - 1/4th Cup
- Mixed berries (blueberries, raspberries, mulberries, etc.) - 1 cup
- Butter as per taste (optional)
- Honey as per taste (optional)
- Water - 1/4th Cup
- Ground cinnamon - 1/4th Tsp
- Chia seeds soaked in water - 2 tbsp
- Greek yoghurt - 1/2 cup

FOR ASSEMBLING IN THE JAR

- Overnight soaked oats - 1 cup
- Berries compote
- Chia seeds soaked - 2 tbsp
- Few mint leaves for garnish
- Berries (blueberries or raspberries, or sliced fresh strawberries) - 1/2 cup
- Drizzle maple syrup or honey, if desired.



PREPARATION

FOR SOAKING THE OATS OVERNIGHT

Step 1. Take quaker oats in a jar, pour milk & orange juice in it and let it soak overnight.

FOR BERRIES COMPOTE

Step 2. Heat a saucepan, add some butter then add in berries like blueberries, raspberries, & mulberries etc. Cook with honey and some water use a wooden ladle to mash the berries.

Step 3. Add cinnamon powder & let it cool down.

FOR ASSEMBLING IN THE JAR

Step 4. Take a mason jar add in 2 tbsp of overnight soaked oats at the bottom.

Step 5. Add a dollop of greek yoghurt on top and then the berries compote over it.

Step 6. Repeat the layers one more time then at the top add a small dollop of greek yoghurt and arrange fresh berries for garnish & serve chilled.

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^{**}Diets low in sodium may help in reducing the risk of high blood pressure, a disease associated with many factors.

[‡]Individuals with high blood pressure should consult their physicians

^{*}Nutrient Requirements and RDA for Indians - ICMR 2020

[†]Quaker Oats are natural source of iron & zinc. Iron & zinc helps support healthy immune system (EU Regulations 2012)

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