



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

*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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Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they carrying out activity like watching television, about to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your free time/ holiday? Might be reading a book may be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide

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