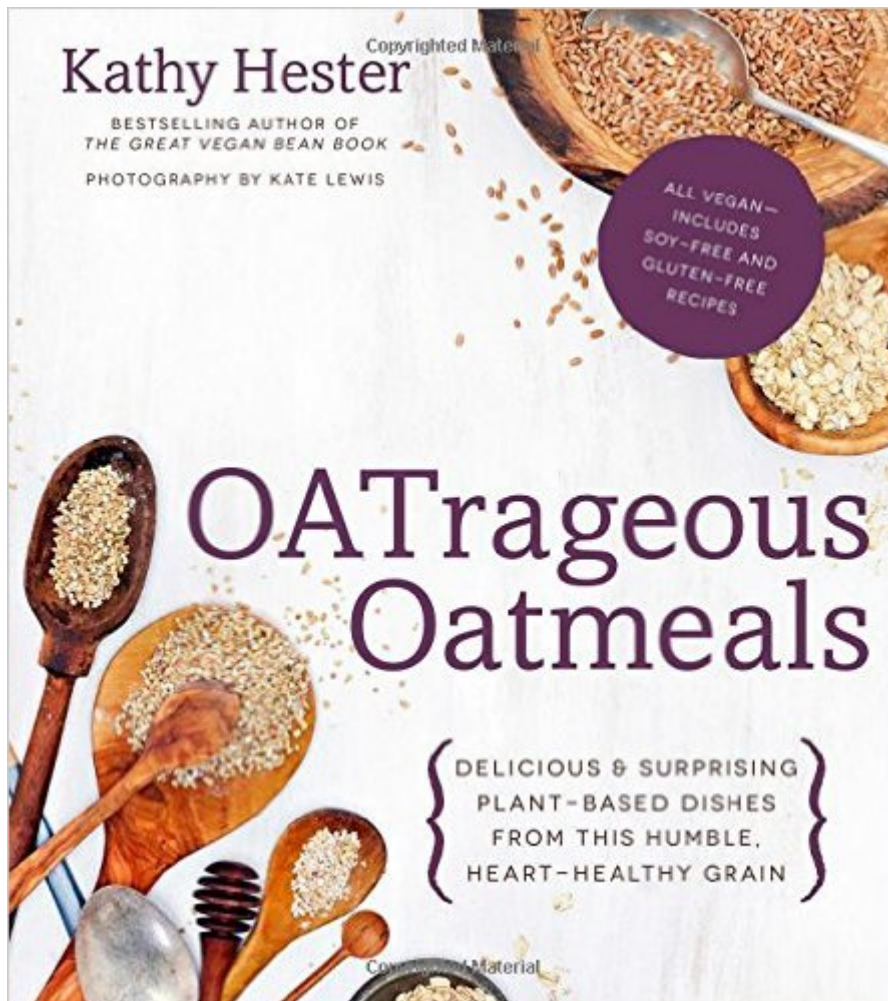


The book was found

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



Synopsis

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.

Book Information

Paperback: 208 pages

Publisher: Page Street Publishing (September 16, 2014)

Language: English

ISBN-10: 1624140742

ISBN-13: 978-1624140747

Product Dimensions: 8 x 0.6 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars (73 customer reviews)

Best Sellers Rank: #139,748 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #216 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #242 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

View larger	View larger	View larger	Blackberry Mojito Overnight Refrigerator Oats Recipe	Chickpea Veggie Soup Recipe
View larger	View larger	View larger	Chickpea Veggie Soup	Veggie Oat Taco Mince Recipe
			Veggie Oat Taco Mince	

[Download to continue reading...](#)

OATrageous Oatmeals: Delicious & Surprising Plant-Based Dishes From This Humble,
Heart-Healthy Grain Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline
Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook ,
Nutrition) (Volume 2) Deliciously Ella: 100+ Easy, Healthy, and Delicious Plant-Based, Gluten-Free
Recipes The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing,
Plant-Based Recipes American Horticultural Society Plant Propagation: The Fully Illustrated
Plant-by-Plant Manual of Practical Techniques Discovering the Word of Wisdom: Surprising Insights
from a Whole Food, Plant-based Perspective The Paleo Kids Cookbook: Transition Your Family to
Delicious Grain- and Gluten-free Food for a Lifetime of Healthy Eating The Grain-Free Family Table:
125 Delicious Recipes for Fresh, Healthy Eating Every Day Smart Bread Machine Recipes: Healthy,
Whole Grain & Delicious Cooking for the Specific Carbohydrate Diet: Over 100 Easy, Healthy, and
Delicious Recipes that are Sugar-Free, Gluten-Free, and Grain-Free The Healthy Hound Cookbook:
Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw
Recipes! Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain's Silent
Killers Good to the Grain: Baking with Whole-Grain Flours Everyday Grain-Free Baking: Over 100
Recipes for Deliciously Easy Grain-Free and Gluten-Free Baking Wheat Belly Diet For Beginners:
Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and
Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) The
Glossary of International Grain Trading - Trading concepts and technical terms for those starting out
in grain & agricultural commodities trade Minimalist Baker's Everyday Cooking: 101 Entirely
Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes Superfood Soups: 100 Delicious,
Energizing & Plant-based Recipes A Life in Balance: Delicious Plant-based Recipes for Optimal
Health The Book of Veganish: The Ultimate Guide to Easing into a Plant-Based, Cruelty-Free,
Awesomely Delicious Way to Eat, with 70 Easy Recipes Anyone can Make

[Dmca](#)