

DID YOU KNOW?

MARCH IS OATS MONTH

FACT #1

Oats are a gluten-free whole grain, and they offer protein, fiber, vitamins and minerals.

FACT #2

Did you know that 95% of oats in the USA are used for animal feed and only 5% are eaten by humans?

FACT #3

Oats were once considered a weed which grew with barley and wheat.

MR. OATS

$$E = mc^2$$



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

OATMEAL ENERGY POWER BITES

Number of Servings: 22
Serving Size: 1 energy ball

INGREDIENTS:

4 CUPS DRIED OATS, UNCOOKED
½ CUP SUNFLOWER BUTTER
½ CUP CRAISINS
2 TBSP HONEY
2 TBSP PANCAKE SYRUP
½ CUP CHOCOLATE CHIPS

DIRECTIONS:

COMBINE ALL INGREDIENTS TOGETHER ON A SHEET PAN AND ALLOW TO CHILL FOR 20 TO 30 MINUTES. ONCE CHILLED, ROLL INTO 20Z BALLS AND HOLD COLD OR FREEZE FOR LATER USE.