

Instant OATMEAL JARS

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-The "Basic" Ingredient Mix

- 1/2 cup of quick oats or 1-minute oats. (Avoid regular, old fashioned, & steel-cut oats since they take longer to cook)
- 1/4 cup dried fruit
- 1 to 2 tablespoons of nuts, seeds, spices
- **Optional:** Protein powder, chocolate chips, peanut butter powder, cocoa, chia & flax seeds, dry sweeteners like sugar or powdered honey. OR add liquid sweeteners later when cooking the oatmeal.

To Cook:

- Dump jar contents in bowl & add 2/3 cup water or milk (or milk substitutes like almond or oat milk). May add liquid sweeteners, coconut or flax oil.
- Microwave 90 seconds.

Options:

- Create a single serving oatmeal mix in a larger 16 oz pint jar. Add liquid & cook entire jar in microwave for 90 seconds.
- Make Overnight Oats: Add 1 cup of liquid to a single serving, stir, store in refrigerator overnight. Eat cold the next day.



Read our blog post about dehydrating your own fruit on CanningCrafts.com

Chocolate Peanut Butter Banana Oatmeal

- 1/2 cup rolled quick oats
- 1/4 cup dehydrated banana chips (or freeze-dried)
- 1/2 Tablespoon powdered peanut butter
- 1/2 Tablespoon chopped peanuts
- 1 teaspoon chocolate protein powder (or cocoa powder)
- Optional:** Sprinkle of coconut flakes, granulated sweetener, cocoa nibs or mini chocolate chips, chia or flax seeds
- To serve:** Add 2/3 cup water, milk, or milk substitute. Optional liquid sweetener like honey or maple syrup. Optional coconut oil.

The Elvis Peanut Butter Banana Oatmeal

- 1/2 cup rolled quick oats
- 1/4 cup dehydrated banana chips (or freeze-dried)
- 2 teaspoons powdered peanut butter
- To serve:** Add 2/3 cup water, milk, or milk substitute. Add 2 slices of chopped candied bacon, thank you very much! (Note: Since candied bacon only stores for a few days, I would not add this to jars for pantry storage).
- Optional:** Drizzle cooked oatmeal with raw honey.

Thank "Ya Very Much, uh huh!



VARIETY
IS THE
SPICE OF
LIFE!

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Apple, Cinnamon, & Brown Sugar Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated apples (or freeze-dried)
1 Tablespoon of chopped nuts like walnuts or pecans
2 teaspoons brown sugar
1/8 teaspoon cinnamon

Optional: Chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.

Caramel Apple Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated apples (or freeze-dried)
1 Tablespoon of chopped & toasted pecans or walnuts
1 teaspoon brown sugar
1/8 teaspoon cinnamon
Pinch of sea salt

Optional: Chia or flax seeds

To serve: Add 2/3 cup apple cider or milk.

Chocolate Strawberry Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated strawberries (or freeze-dried)
1 teaspoon chocolate protein powder (or cocoa powder)

Optional: A sprinkle of cocoa nibs or mini chocolate chips, granulated sweetener, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.

Optional liquid sweetener like honey or maple syrup.

Peanut Butter Jelly Time Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated strawberries (or freeze-dried)
1/2 Tablespoon powdered peanut butter
1/2 Tablespoon chopped peanuts

Optional: Granulated sweetener, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.

Optional liquid sweetener like honey or maple syrup.

Apple Raisin Spice Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated apples (or freeze-dried)
1 Tablespoon of chopped nuts like walnuts or pecans
1 Tablespoon of Raisins or dates
1/4 teaspoon cinnamon

A pinch of nutmeg

A pinch of all spice

Optional: Granulated sweetener like maple or brown sugar, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.

Optional liquid sweetener like honey or maple syrup.

Tropical Paradise Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated pineapples & mango (or freeze-dried)
1 Tablespoon of coconut flakes
1/8 teaspoon powdered orange zest

Optional: Granulated sweetener, chopped macadamia nuts or pecans, chia seeds.

To serve: Add 2/3 cup water, milk, milk substitute, or orange juice (or a mix of juice & milk). Add 1 teaspoon of coconut oil. Optional liquid sweetener like honey or maple syrup.



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Strawberry Mango Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated strawberries & mango
(or freeze-dried)
1 Tablespoon of coconut flakes
1 teaspoon chia seeds

Optional: Granulated sweetener

To serve: Add 2/3 cup water, milk, or milk substitute.
Add 1 teaspoon of coconut oil. Optional liquid sweetener like honey or maple syrup.

Pineapple Upside Down Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated pineapples & cherries
(or freeze-dried)
1/8 teaspoon powdered orange zest

Optional: Granulated sweetener like brown sugar, chia or flax seeds.

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional 1/4 teaspoon vanilla extract & coconut oil.

Pineapple Banana Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated pineapples & bananas
(or freeze-dried)
1/2 teaspoon powdered orange zest

Optional: Granulated sweetener, chopped walnuts, pecans or almonds, chia or flax seeds.

To serve: Add 2/3 cup pineapple juice or orange juice.
Optional liquid sweetener like honey or maple syrup.

Fruitcake Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated pineapples, apples, cherries, apricots,
golden raisins, prunes (or freeze-dried)
1 Tablespoon chopped & toasted pecans or walnuts
1/8 teaspoon cinnamon
1/8 teaspoon powdered orange & lemon zest
A pinch of nutmeg
A pinch of ground cloves

Optional: Add a sprinkle of chopped, candied crystallized ginger

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional 1/2 teaspoon bourbon or rum. This should be plenty sweet with all the fruit, but you may add maple syrup if desired.

The Best-Ever Christmas Dessert...in a jar!



Cran-Raisin Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated cranberries & raisins
(or freeze-dried)
1 teaspoon brown sugar
1/4 teaspoon cinnamon

Optional: 1 teaspoon vanilla protein powder, chia seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.
Optional coconut oil.

Lemon Blueberry Oatmeal

1/2 cup rolled quick oats
2 Tablespoons of dehydrated blueberries
(or freeze-dried)
1 teaspoon vanilla protein powder
1/4 teaspoon lemon zest or crystallized lemon powder

Optional: Granulated sweetener, chia or flax seeds.

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.
Optional coconut oil.

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Blueberry Cream Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated blueberries (or freeze-dried)
1 Tablespoon of chopped nuts like almonds or pecans
1/2 Tablespoon of vanilla protein powder

Optional: Granulated sweetener, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.

Blueberry & Banana Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated blueberries & banana chips
(or freeze-dried)
1 Tablespoon of chopped nuts like almonds or pecans
1 teaspoon vanilla protein powder

Optional: Granulated sweetener, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.
Add 1/2 teaspoon of vanilla extract instead of vanilla protein powder.

Berry Blast Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated strawberries, raspberries,
blueberries (or freeze-dried)

Optional: Granulated sweetener, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.

Peaches & Cream Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated peaches (or freeze-dried)
1 Tablespoon of chopped nuts like almonds or pecans
1/2 Tablespoon of vanilla protein powder

Optional: Granulated sweetener, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.

Peach & Blueberry Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated peaches & blueberries (or
freeze-dried)
1 Tablespoon of chopped nuts like almonds or pecans
1 teaspoon vanilla protein powder

Optional: Granulated sweetener like maple or brown
sugar, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.

Blueberry Pear Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated blueberries & pears (or freeze-dried)
1 teaspoon brown sugar
1 teaspoon vanilla protein powder
1/8 teaspoon cinnamon

Optional: Granulated sweetener like maple or brown
sugar, nuts, chia or flax seeds

To serve: Add 2/3 cup water, milk, or milk substitute.
Optional liquid sweetener like honey or maple syrup.

Coconut Latte Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated coconut chips
1/2 Tablespoon of coffee protein powder
1/16 teaspoon cinnamon

Optional: Granulated sweetener, nuts, chia or flax seeds

To serve: Add 2/3 cup coconut milk, water, milk or milk
substitute. Optional liquid sweetener like honey or
maple syrup.

Variation: Instead of adding coffee protein powder,
substitute 1/4 cup brewed coffee for part of the milk.



Decorate jars with Custom Watercolor Bakery Labels from CanningCrafts.com

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Pumpkin Pie Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated pumpkin puree (Dry pumpkin puree on parchment paper or paraflexx drying sheets in your dehydrator. When done, tear into tiny pieces)
1 Tablespoon of chopped nuts like walnuts or pecans
2 teaspoons brown sugar
1 teaspoon vanilla protein powder (or omit & add vanilla extract to cooked oatmeal)
1/4 teaspoon cinnamon
1/16 teaspoon nutmeg
1/16 teaspoon all spice
1/2 graham cracker (will need to break in segments to fit in jar)*

Optional: Pepita pumpkin seeds, chia or flax seeds

To serve: *Reserve graham cracker. Add 2/3 cup water, milk, or milk substitute to other ingredients. Add 1/2 teaspoon of vanilla extract if you omitted vanilla protein powder from jar. Cook. Crumble graham cracker on top of cooked oatmeal. Drizzle with maple syrup.



Decorate jars with Custom Kraft Apothecary Bakery Labels from CanningCrafts.com

Trail Mix Oatmeal

1/2 cup rolled quick oats
1/4 cup dehydrated cranberries & raisins (or freeze-dried)
1/2 Tablespoon of vanilla protein powder
1 teaspoon pepita pumpkin seeds
1 teaspoon sunflower seeds
2 teaspoons of chopped nuts: peanuts, almonds, pecans
1 teaspoon cocoa nibs or mini chocolate chips
1 teaspoon coconut flakes

Optional: Granulated sweetener, chia or flax seeds.

To serve: Add 2/3 cup water, milk, or milk substitute. Optional liquid sweetener like honey or maple syrup. Optional coconut oil instead of the coconut flakes.

Protein Oatmeal

1/2 cup rolled quick oats
1-2 Tablespoons protein powder, unflavored or your choice of flavor
1-2 Tablespoon of chopped nuts listed from highest to lowest amount of protein: Peanuts, almonds, cashews, hazelnuts, Pepita pumpkin seeds, walnuts, or pecans
1 teaspoon chia or flax seed
Optional: Powdered peanut butter or powdered almond butter (if you use an unflavored protein powder)
To serve: Add 2/3 cup milk or almond milk substitute (avoid water if you want more protein). Optional liquid sweetener like honey or maple syrup. Add a spoon of greek yogurt for an extra boost of protein.

Spicy Ginger Oatmeal

1/2 cup rolled quick oats
1/4 cup golden raisins
1/2 Tablespoon crystallized ginger
1 teaspoon pepita pumpkin seeds
1 teaspoon vanilla protein powder
1 teaspoon maple or brown sugar
1/16 teaspoon ground cardamon
Optional: Nuts, chia or flax seeds
To serve: Add 2/3 cup water, milk, or milk substitute. Optional liquid sweetener like honey or maple syrup.



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