



# Oatmeal On The Go

11 Gluten-free, Vegan &  
Plant-based-diet Recipes

Sarah Kirkconnell

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# Oatmeal On The Go

11 Gluten-free, Vegan & Plant-based diet  
Recipes

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### Dedication:

To Kirk, thank you for being my test subject many mornings and not snickering too loudly when I get excited over new recipe ideas.

To the memory of my Mother, who taught me how oatmeal shouldn't be made. Said with a lot of love.

To Dani, for encouraging me often and helping me out.

To my readers, thank you for reading, sharing and trying my recipes. And for your feedback and comments. The community we bloggers have built is amazing.

~Sarah

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# Introduction ~

Growing up I was not a fan of oatmeal. It was to me something ‘old people’ ate. My Mom made it like most did, lumpy and gluey. Oats, water and a bit of table salt. Served with sugar and milk on top. It never tasted good. My Dad liked it, but his taste in food wasn’t exactly gourmet (if you follow my blog you know he liked his food soft and bland, and the same every week). To me, all I could wait for was being 18 and being able to eat sugary cold cereal all day long. Don’t get me started on her other breakfast dish....lumpy cornmeal mush. Ugh.

Needless to say, it wasn’t until I got in my late 30’s I started eating oatmeal. When we got the “cholesterol talk” from our doctors I started making oatmeal for us most mornings, while also slowly cutting back our consumption of animal products. And outside of sighing over getting “old”, I realized that with a little creative thinking our oatmeal could be tasty and still healthy. And not like my Mom’s. Our faithful eating of oats did do what was hoped (lower our cholesterol) and helped Kirk and I embrace a more plant-based diet.

The recipes in the book are plant-based and vegan friendly. This is a personal preference. You don’t need to follow a plant-based diet to enjoy the recipes. My goal is that served to an average person they wouldn’t guess it was "missing" dairy, milk and eggs, which is how I approach most of my cooking & baking now.

Breakfast can be enjoyable, even when eating “old people” food!

~Sarah Kirkconnell  
[www.GazingIn.com](http://www.GazingIn.com)

## 11 To-Go Oatmeal Recipes

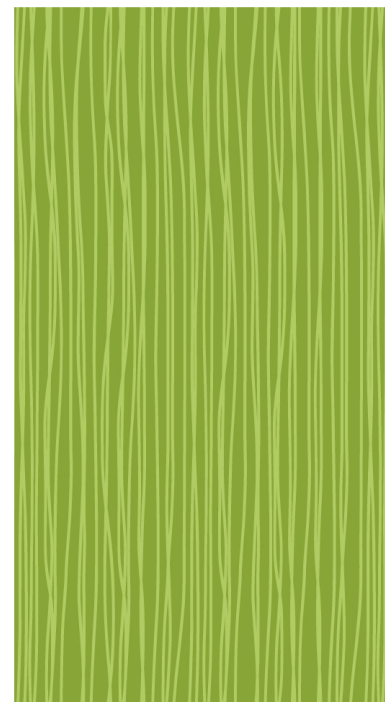
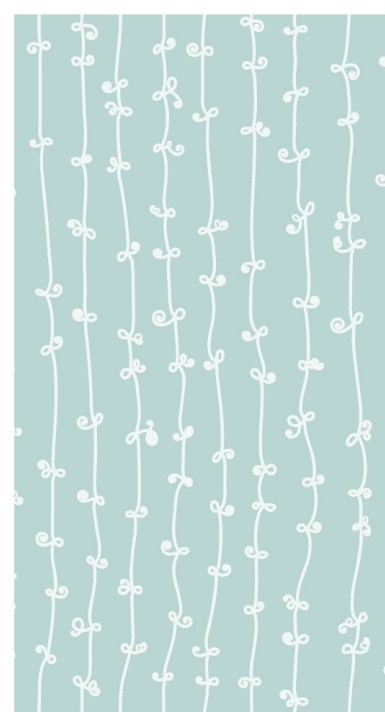
The recipes in this book came out of the many backpacking and outdoorsy recipes I developed over the years for our outdoor website, TrailCooking.com, adapted to a plant-based way of eating (vegan and whole foods friendly). The recipes are designed to be portable, only needing hot water and a few minutes sitting time before enjoying.

Consider this -

When in a moment of hunger, you purchase a \$2 to \$4 cup of oatmeal at a coffee shop, you could instead ask for a cup of hot water to go with your morning latte, add in your dry ingredients and enjoy, or tote an insulated wide-mouth mug along, to add the water to. Yours will be fresher, customized and it won't have questionable ingredients. Even if you use top of the line organic ingredients, you will make yours for a fraction of the cost. More so, you won't get 5 raisins and 3 pieces of almond for that \$4. Those fancy cups are made the same way - add hot water and there you go.

Oh, and the serving size of these recipes will fill you up!

These recipes travel well. If you stay in hotels, heat water through a coffee maker to make oatmeal. (Hint: run through a cycle of water first to clean out any dust.)



# Ingredients & Sources

In testing the recipes for this book I found that most brands of ingredients can be used interchangeably. I have some brand preferences, relating to quality, country of origin and how the companies are run. Use what you have on hand or like, for example, the recipes will work fine if you prefer coconut milk over rice or soy milk. Or cashew/sunflower/almond/etc butter instead of peanut butter.

In recipes calling for hard to find ingredients I have notes on where to source them, along with brands, if applicable.

Why do I use old-fashioned oats in the recipes? They are the easiest to find, cook easily and taste great. We use so much oats for our family of 5, we buy ours in 25 pound bags from Bob's Red Mill and store them in glass jars.

Buy the best you can afford and get to know the companies you buy from. Keep your ingredients as close to the source as you can, free of preservatives, artificial coloring, flavors and anything unpronounceable.

# Instant Oatmeal Packs

This is an open ended recipe, make as many packets as you would like. This base recipe is used in some of the recipes in the book.

## *Ingredients:*

Old-fashioned oats  
Quick cooking oats (1-Minute Oats)  
Fine sea salt

## *Directions:*

Add 1/2 cup old-fashioned oats at a time in a blender or mini food processor and blend on high until broken apart and somewhat powdery.  
Set aside in a small bowl, and repeat procedure if you are making a bigger batch.

## *In each pint size freezer bag or snack bag put:*

1/4 cup quick cooking oats  
2 Tbsp powdered old-fashioned oats  
1 Tbsp dry soy or rice milk powder or creamed coconut  
1/8 tsp kosher or fine sea salt (if desired)

## *FBC (Freezer Bag Cooking) method:*

Add 3/4 cup hot water. Stir, seal tightly and rest for 5 minutes.

## *Mug method:*

Add dry ingredients and 3/4 cup boiling water in an insulated mug, stir, cover and let sit for 5 minutes.

## *Pot method:*

Bring 3/4 cup water to a boil, take off the heat and add in the dry ingredients. Stir well, cover tightly and let sit for a couple minutes.

## *Notes:*

Creamed coconut is sold in bars. Grate it finely, store in a mason jar and use as needed. Lets Do Organic is a preferred brand of mine.  
This recipe is not sweetened, add sweetener as desired.



# DIY Flavored Oatmeal Packets

**Add these ideas to your base bags of oats.**

***Apple Cinnamon Oatmeal:***

1 Tbsp sugar, 1/4 tsp cinnamon and 2 Tbsp natural diced dried apples.

***Sweetened Oatmeal:***

1 Tbsp granulated sugar.

***Brown Sugar and Cinnamon Oatmeal:***

1 Tbsp brown sugar and 1/4 tsp ground cinnamon.

***Raisins and Brown Sugar Oatmeal:***

1 Tbsp packed brown sugar and 1 Tbsp raisins.

***Hippy Oatmeal:***

2 Tbsp wheat germ and 1 Tbsp diced toasted pecans.

***Peaches and Cream Oatmeal:***

1 Tbsp finely grated creamed coconut and 2 Tbsp natural diced dried peaches, pinch of ground cinnamon.

***Confetti Oatmeal:***

1 Tbsp powdered sugar and 1 tsp decorative cake/cookie sprinkles, preferably naturally colored.

***S'More Oatmeal:***

6 miniature marshmallows and 1 Tbsp dark chocolate chips. Look for vegan marshmallows at well stocked natural food stores.

***Cookies and Cream Oatmeal:***

1 crushed chocolate stuffed cookie and 1 Tbsp finely grated creamed coconut.







## Blueberry and Lemon Oatmeal

### *Ingredients:*

2 packs worth instant oatmeal  
1 tsp dried lemon zest  
1/4 cup dried wild blueberries  
1 Tbsp brown sugar, packed  
1 tsp vanilla powder or ground vanilla bean

### *Also take:*

1 packet honey (1 Tbsp) or agave nectar

### *Directions:*

Pack dry ingredients in a sandwich bag.

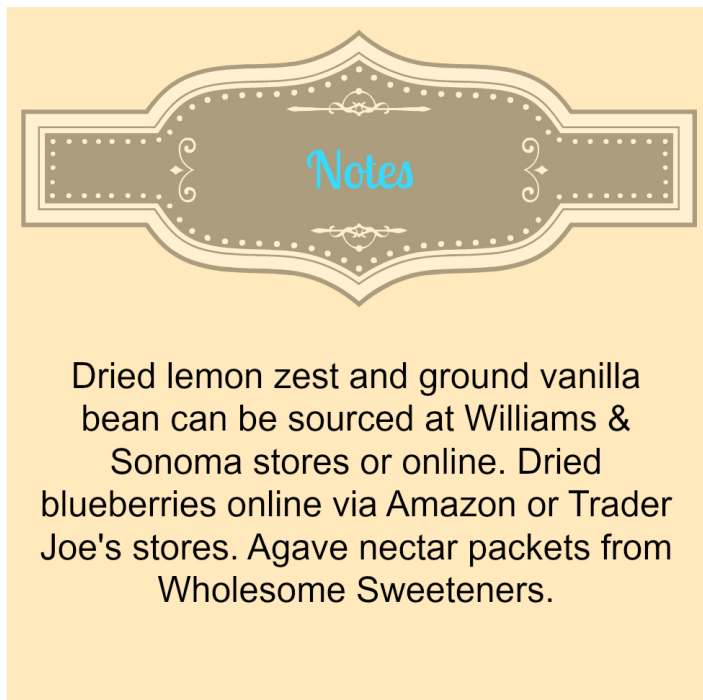
### *Mug method:*

Add honey and 1 cup boiling water to the dry ingredients. Stir well and add more water as needed till smooth. Let sit till cool enough to eat.

### *Stove top:*

Bring 1 cup water to boil in a small saucepan. Turn off the stove, add in the honey and dry ingredients and stir well. Let sit till cool enough to eat.

Serves 1



## Chocolate Peanut Butter Oatmeal

### *Ingredients:*

- 2 packs instant oatmeal
- 1 serving hot cocoa mix
- 1 Tbsp natural peanut/nut butter

### *Directions:*

Pack dry oats with hot cocoa mix in a sandwich bag.

### *Mug method:*

Add the peanut butter to the dry ingredients with 1 cup boiling water. Stir well and let sit till cool enough to eat.

### *Stove top:*

Bring 1 cup water to boil in a small saucepan. Turn off the stove, add in the dry ingredients and stir well. Let sit till cool enough to eat.

Serves 1



## Notes:

Justin's Nut Butters are great for taking along and come in single serving packets. Find in most grocery and outdoor stores. Use a favorite hot cocoa mix or make your own.



# Health-Nut Oatmeal

## *Ingredients:*

1/2 cup old-fashioned oats  
1/4 cup dry soy or rice milk powder or 2  
Tbsp finely grated creamed coconut  
1 Tbsp coconut sugar  
1 Tbsp ground flaxseed meal  
1 Tbsp raisins or dried fruit blend  
1 Tbsp chopped nuts

## *Also take:*

1 Tbsp or 1 packet natural peanut/nut  
butter

## *Directions:*

Process the oats in a blender till roughly  
chopped. Mix the ingredients together,  
add to a sandwich bag.

## *Mug method:*

Add 1 cup boiling water to mix in your  
mug. Stir well, cover tightly and let sit for  
5 minutes.

## *Stove top:*

Bring 1 cup water to boil in a small  
saucepan, add the dry ingredients, stir  
well. Let sit for 5 minutes covered.

Serves 1



# Carrot Cake In A Bowl

## *Ingredients:*

1/2 cup old fashioned oats  
2 Tbsp diced dried carrots  
1 Tbsp brown sugar, packed  
2 Tbsp raisins  
2 Tbsp dry soy or rice milk powder or finely grated creamed coconut  
1/4 tsp ground cinnamon  
1 pinch fine sea salt  
2 Tbsp unsweetened shredded coconut

## *Directions:*

Process oats in a blender until about 1/3 of the original size. Process the carrots in the same manner. Pack everything but coconut in a sandwich bag, tuck coconut in a snack bag.

## *Mug method:*

Add 1 1/4 cups boiling water to dry ingredients. Stir well, cover, and let sit for 5 minutes. Stir and top with coconut.

## *Stove top:*

Bring 1 1/4 cups water to a boil in a small saucepan. Add in the dry ingredients; stirring well and let come back to a boil. Take off the stove, cover tightly and let sit for 5 minutes. Stir well and top with coconut.

Serves 1

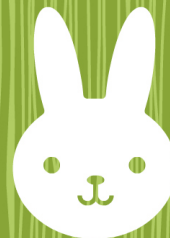


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## Notes:

Source dried carrots via [www.harmonyhousefoods.com](http://www.harmonyhousefoods.com). Dry rice and soy milk powders and creamed coconut through Amazon online.

For a milder carrot flavor, use only 1 Tablespoon.



## Blueberry and Hazelnut Oats

### *Ingredients:*

2 packets instant oatmeal  
1/4 cup dried blueberries  
2 Tbsp diced hazelnuts  
1 Tbsp brown sugar, packed  
1 Tbsp finely grated creamed coconut

### *Also take:*

1 packet chocolate hazelnut butter

### *Directions:*

Pack ingredients in a sandwich bag.

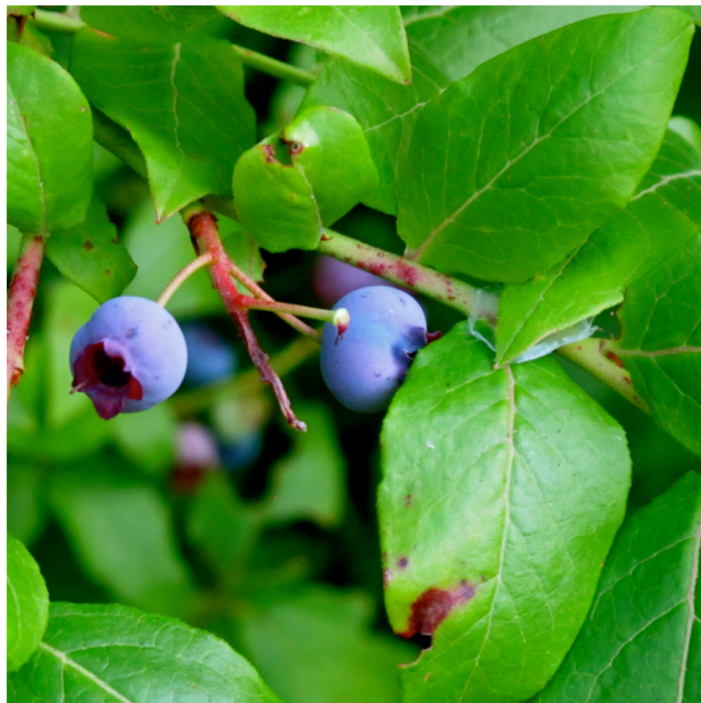
### *Mug method:*

Add 1 1/4 cups boiling water and the dry ingredients in an insulated mug. Stir well and let sit for a minute or two to cool down. Stir in nut butter.

### *Stove top:*

Bring 1 1/4 cups water to boil in a small saucepan. Add in the dry ingredients; stir well, take off stove and let sit for a minute or two to cool down. Stir in nut butter.

Serves 1



### Note:

Justin's Nut Butter packets  
can be found in many  
grocery and outdoor stores.



## Fruit & Nut Oats

### *Ingredients:*

2 packets instant oatmeal  
2 Tbsp brown sugar, packed  
1 Tbsp dry soy or rice milk powder or finely  
grated creamed coconut  
1 Tbsp dried cranberries  
1 Tbsp chopped dried dates (type rolled in  
sugar)  
1 Tbsp finely chopped almonds

### *Directions:*

Pack ingredients in a sandwich bag.

### *Mug method:*

Add 1 cup boiling water. Stir well and let sit  
for a minute or two to cool down.

### *Stove top:*

Bring 1 cup water to boil in a small  
saucepan, add the ingredients. Stir well,  
take off the stove and let sit for a minute or  
two to cool down.

Serves 1



# Tropical Oatmeal

## *Ingredients:*

2 packets instant oatmeal  
2 Tbsp dried bananas, broken  
2 Tbsp dried mango, broken  
1 Tbsp coconut sugar  
1 Tbsp finely grated creamed coconut

## *Directions:*

Pack ingredients in a sandwich bag.

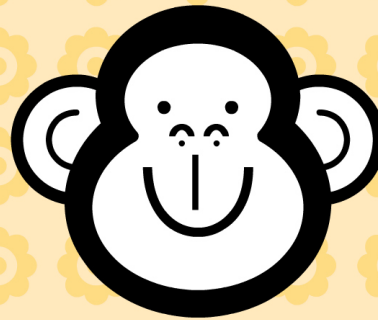
## *Mug method:*

Add 1 1/4 cups boiling water and the dry ingredients in your mug. Stir well and let sit for a minute or two to cool down.

## *Stove top:*

Bring 1 1/4 cups water to boil in a small saucepan. Add in the dry ingredients; stir well, take off the burner and let sit for a minute or two to cool down.

Serves 1



## Pears & Vanilla Oatmeal

### *Ingredients:*

2 packets instant oatmeal  
2 Tbsp freeze-dried or dried pears, diced  
1 tsp vanilla powder or ground vanilla bean  
1 Tbsp granulated sugar

### *Directions:*

Pack ingredients in a sandwich bag.

### *Mug method:*

Add 1 cup boiling water slowly and stir well and let sit for a couple minutes to cool.

### *Stove top:*

Bring 1 cup water to boil in a small saucepan. Turn the stove off and add in the dry ingredients. Stir well and let sit for a couple minutes to cool.

Serves 1





## Coconut & Blueberry Oatmeal

### *Ingredients:*

2 packets instant oatmeal  
2 Tbsp finely grated creamed coconut  
2 Tbsp dried blueberries  
1 Tbsp unsweetened shredded coconut  
1 Tbsp coconut sugar  
1/2 tsp cinnamon  
1/4 tsp ground ginger

### *Directions:*

Pack ingredients in a sandwich bag.

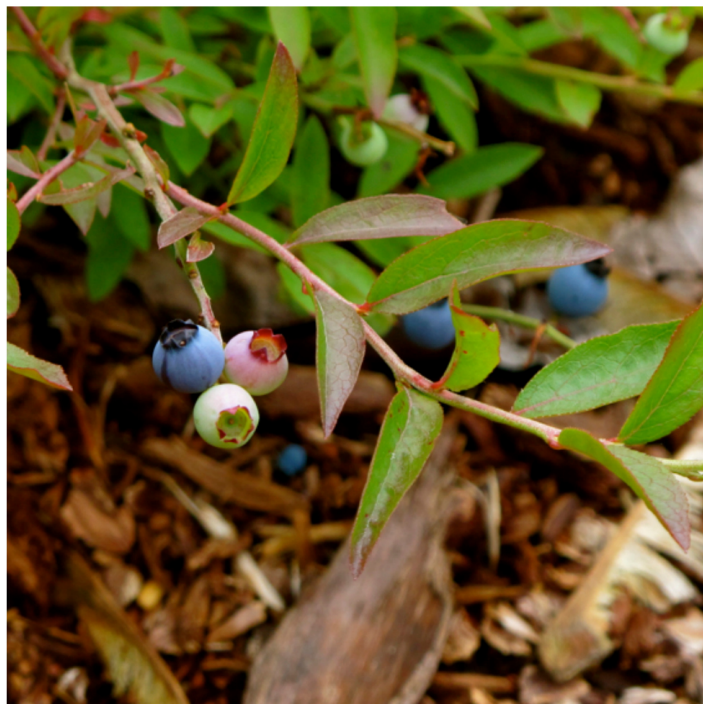
### Mug method:

Add 1 cup boiling water to mug. Stir well, cover tightly and let sit for 5 minutes.

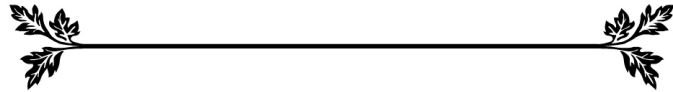
### *Stove top:*

Bring 1 cup water to boil in a small saucepan, add the dry ingredients. Stir well and let sit for 5 minutes covered.

Serves 1

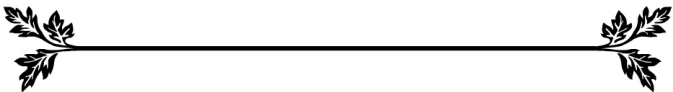


## About The Author



Sarah lives in a small, but growing, town in the foothills of Mt. Rainier, in Washington State, with her husband and three sons.

She is trying to twine together modern life, food allergies and lost skills; all the while blogging about the successes and failures of such endeavors.



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