

HEALTHY COOKING

with Oats

Recipes from Southeast Asia
Volume 2: Indonesia and Vietnam

Jointly published by:



Food and Nutrition Society of Indonesia



Vietnam Nutrition Association

Supported by:



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Let's Cook with *Oats!*

Oat is an excellent example of whole grains, providing all the healthful goodness. Oat is able to serve as a source of carbohydrates to meet energy needs and provides micronutrients essential for multitude of metabolic functions. It is also an important source of other food components beneficial to health, namely dietary fibre and phytonutrients. A healthier diet can be achieved by including more whole grains and oats in our daily meals.

Including more oats in our diet is easy. Oat is a multipurpose

ingredient and can be adapted in all kinds of meals from a hearty breakfast to a quick supper. You can also make wholesome lunch and dinner, or prepare delicious desserts using oats. Power your day by cooking meals with oats more often; it is not only easy to do at any time of the day, but can also make your meals tastier and more fulfilling!

This cookbook is published to demonstrate how easy it is to include oats into various dishes. The cookbook presents 30 different recipes from Indonesia and

Vietnam, with oats as one of the key ingredients. These recipes are traditional meals widely available in each country, with oats added to enhance their nutritional value. These are excellent ways to increase the consumption of oats. Full-colour pictures are included with each recipe as a guide and to show that healthy food can be appetizing too. The amount of energy and several key nutrients are included to provide additional information. Let's start to cook more with oats!



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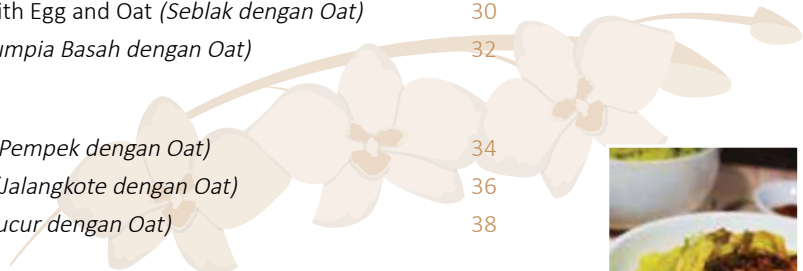
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Message from Editor-in-Chief



In the Southeast Asia countries, grains, particularly rice, are important staples of the population. People consume rice and other grains on a daily basis, and even in almost every meal: breakfast, lunch, dinner. Grains serve as the main source of energy and nutrition for people in the region. This is reflected in the recommendations of the official dietary guidelines of all countries in SEA, as well as in the food pyramid or other visual guides for the population.

It has been well-established that whole grains are more nutritious than refined grains. Numerous research around the world have demonstrated that whole grains are beneficial to health and have the potential to lower risk to various chronic diseases. In spite of this, only two countries in SEA, namely Malaysia and Singapore, specifically encourage and recommend the consumption of whole grains in their national dietary guidelines. In addition, only these two countries in the region have clear legislation regulating the sale of whole grains. It has also been reported that the consumption of whole grains among the population in SEA is still very low compared to the recommended intake.

Recognising the rising trend of over-nutrition and related non-communicable diseases (NCDs) in the region, the promotion of healthy diet, including greater consumption of whole grains, has become even more crucial. This is the main impetus for five professional bodies and academic institutions in SEA – Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), Nutrition Foundation of Philippines (NFP), Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia), and Vietnam Nutrition Association (VINUTAS) – to team up and publish a cookbook focusing on the promotion of healthier food ingredients and the use of healthier cooking methods.

This cookbook highlights oat as the focus whole grain, chosen due to its established benefits to health, versatility as a food ingredient, and long history of usage. The recipes in this cookbook have been selected from the diverse variety of traditional dishes and cuisines from the respective countries of the five professional bodies and institutions. In this way, it will be easy to incorporate oat in these cuisines and gain acceptance by the population. The recipes in this cookbook are categorised according to different mealtimes. It also has a section on whole grains and oats to provide useful information to readers. Volume 1 of the cookbook on Healthy Cooking with Oats has been published in 2017, containing recipes from Malaysia, the Philippines, and Thailand. This year, we are pleased to present to you Volume 2, with recipes from Indonesia and Vietnam.

With the publication of this cookbook, we hope to inspire more people to appreciate and incorporate whole grains, including oats, in their diet. Hopefully, this cookbook, developed with an educational grant from the Pepsico Services Asia Ltd (Quaker), will be a valuable resource in your quest towards healthy lifestyle, which includes making healthier food choices in your diet. Have fun trying these oat-based recipes and enjoy your journey of a wholesome life!

Dr Tee E Siong

Editor-in-Chief, Healthy Cooking with Oats
President, Nutrition Society of Malaysia

Message from Food and Nutrition Society of Indonesia



Indonesia, a developing country in the Southeast Asia region, is now facing a double burden of malnutrition, which results in an increasing problem of obesity, cardiovascular diseases, stroke, diabetes and other non-communicable diseases. At the same time, nutrient deficiencies still exist among various community groups. Malnutrition is mainly caused by imbalanced nutrient intake and unhealthy lifestyle.

A meta-analysis published in British Medical Journal (Ho HVT, 2016) concluded that whole grain intake reduced risk of coronary heart disease, cardiovascular disease, total cancer, and mortality from all causes. Further meta-analysis published in British Journal of Nutrition (Ho HVT, 2016) showed that consuming 3 g of oats β -glucan, a type of soluble dietary fibre, equal to 70 g of oats/day more than three weeks has a lowering effect on LDL-cholesterol, non-HDL-cholesterol and apolipoprotein B. These evidences support one of the common dietary guidelines recommendations, namely increasing intake of whole grain and dietary fibre, to reduce the risk of chronic diseases.

This is the reason the Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) and Vietnam Nutrition Association (VINUTAS) have teamed up and is delighted to present this book entitled HEALTHY COOKING WITH OATS – Recipes from Southeast Asia Volume 2: Indonesia and Vietnam. This book is a joint collaboration between nutrition professional organisations in Southeast Asia.

This cookbook encourages the consumption of healthier food ingredients and recipes as well as healthier cooking methods, which are important steps towards healthy eating. We enrich the Indonesian traditional recipes with oats appropriately. This whole grain can be easily found in stores and is a truly versatile food ingredient. It can be used either by itself, in addition to, or in place of, other ingredients. Our main aim is to promote healthy cooking practices and eating habits. The recipes have been carefully selected to feature the characteristic cuisine features of Indonesian traditional cuisines. In order to make it easier for readers to refer to, the recipes featured in this book have been categorised according to mealtimes that will accommodate the practical needs of your family.

It is hoped that this book, developed with an educational grant from the Pepsico Services Asia Ltd (Quaker), will inspire more people to enjoy healthier Indonesian traditional cuisines cooking. Enjoy trying out these oat-based recipes and be healthier!

Prof Dr Ir Hardinsyah, PhD, FIUNS

Chairman, Editorial Committee – Indonesia

President, Food and Nutrition Society of Indonesia

Message from Vietnam Nutrition Association



Vietnam has achieved remarkable improvement in the nutrition status of the population. However, there is a growing challenge presented by the double-burden of malnutrition, with high prevalence of undernutrition in mothers and children, combined with rising rates of overweight, obesity, and related chronic diseases.

There are usually cereal and fibre-rich vegetable in traditional Vietnamese meals. To continue to improve the diet of Vietnamese people, in terms of quantity and quality, VINUTAS would like to promote nutritious meals and healthy cooking practices to families.

Scientific research showed that oats are potential healthy food. Oats are incredibly nutritious food with essential vitamins, minerals and antioxidants. In addition, they're high in soluble fibre and protein compared to other grains. Oats contain some unique components — in particular, the soluble fibre beta-glucan and antioxidants called avenanthramides that can help lower blood sugar and cholesterol levels, reduce the risk of heart disease. They are also very filling and should be a weight-loss friendly food.

Thus there is a need to promote the health benefit of oats to Vietnamese to contribute to the diversity of grains in daily diets. The VINUTAS is pleased to publish this cookbook so as to promote people using oats in their daily diets. We have selected 15 very popular traditional Vietnamese dishes to modify by adding wholegrain oats. We hope this publication will be helpful so you will enjoy and love these dishes.

Prof Dr Le Thi Hop, MD, PhD
Chairman, Editorial Committee – Vietnam
President, Vietnam Nutrition Association



Whole Grains and Oats 101





Whole Grains for Your Daily Diet

Mankind has been consuming whole grains for thousands of years, when we started to cultivate crops. They have long been recognised as a main source of energy and many other essential nutrients. Whole grains became the staple food among many population groups around the globe. However, over the past 100 years, probably contributed by advances in food technology, people are consuming more refined grains and refined-grain-based products. Refined grains and its products can be stored longer and are perceived to have better taste and texture.

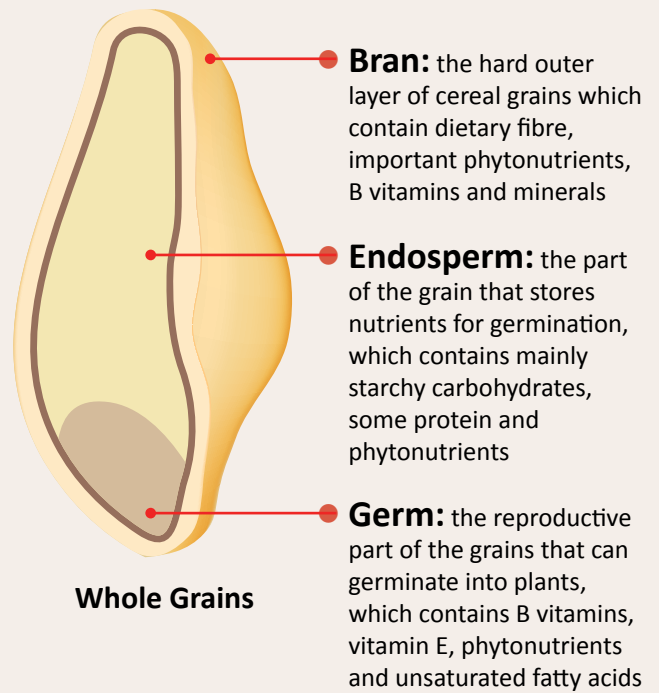
In most Southeast Asian countries, grains and grain-based products form a major portion of the diet for the populace. For example, rice is a grain eaten as the staple food in most countries of the region. Indeed, most dietary guidelines recommend rice and other grains as the main source of energy and have placed grains at the base of the food pyramid. However, almost all of the grains consumed are refined grains and their products.

In recent years, there has been a world-wide renewed recognition of the health benefits of whole grains. Health authorities have taken note of the scientific evidences and are giving greater emphasis to recommending more consumption of whole grains. More countries in this region are also taking this approach. Indeed, national dietary guidelines in Malaysia and Singapore recommend consuming at least half of the daily grains from whole grains. These recommendations have been made in recognition of the potential of whole grains to reduce the risk of the increasing of diet-related chronic diseases in the region.

During the milling process, the bran and germ are removed to produce refined or polished grains, leaving only the endosperm. Hence, essential nutrients found in the bran and germ are lost in the process of refining the grains. The main nutrients remaining are mostly carbohydrates and some protein.

Whole grains are more nutritious!

Whole grains are 'complete' grains, with all the three parts of the grain intact:



Whole grains are therefore rich in dietary fibre, micronutrients (various vitamins and minerals) and phytonutrients. As 'whole' grains, they are more nutritious and healthier than refined grains.

**The choice is obvious:
Opt for whole grains in your daily diet!**

Whole Grains are Healthy



Choosing whole grains can help to improve health and lower the risk of various chronic diseases as shown in numerous studies. These are some benefits of whole grains:

- **Improve digestive system:** The high content of dietary fibre in whole grains has been shown to be able to help to control bowel movement, reduce constipation and promote healthy gut microbiota.
- **Control blood glucose level:** The blood glucose level of diabetic patients can be regulated with a consistent whole-grain diet as the slow digestion of whole grains can prevent spike in blood glucose.
- **Maintain a healthy weight:** Dietary fibre in whole grains can discourage overeating by promoting a feeling of fullness. Regular whole grain intake can decrease the risk of obesity and weight gain.
- **Lower the risk of cardiovascular diseases (CVD):** Whole grains contain a combination of important nutrients like phytonutrients, trace minerals, dietary fibre and vitamin E that may help to lower the risk of CVD.
- **Lower cancer risk:** Studies have shown that the risk for certain cancers may be reduced when practising a diet rich in whole grains. This may be linked to the antioxidant properties of some phytonutrients, the presence of vital micronutrients, and high fibre content.

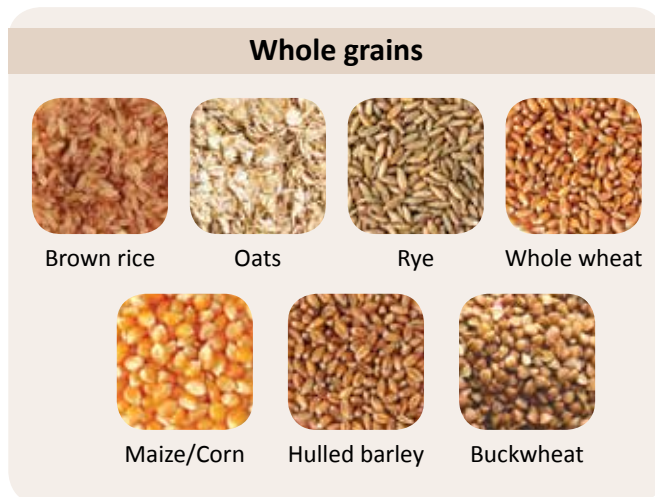
In summary, the key nutrients in whole grains that are able to provide the health benefits outlined above include dietary fibre, a number of phytonutrients (which can function as antioxidants), several vitamins and minerals and unsaturated fatty acids.

Why are whole grains healthy?

They are packed with essential nutrients, especially:

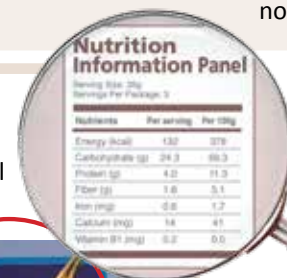
- **Dietary fibres** – components in plant foods which are not digestible by body enzymes but perform many healthful functions to reduce risk of chronic disease. Often ignored and neglected by consumers
- **Vitamins and minerals** – essential nutrients required in small amounts (micronutrients) for performing hundreds of body functions
- **Phytonutrients** – biologically active components found in plant foods, some of which possess antioxidant properties, which may reduce the risk of some chronic diseases such as heart disease and cancers

Examples of Whole Grains and Wholegrain Products



Look for Wholegrain Products!

- Look for words such as **'whole grain'**, **'wholewheat'**, or **'wholemeal'** on the food label
- Check the list of ingredients and make sure that whole grains are listed as the first or second ingredient
- Choose products listing a higher percentage of whole grains on the label
- Opt for products with the % of wholegrain declared on the label; go for those with higher amounts of whole grains



Go Whole Grains, Choose Oat



Oat is a whole grain. Oats and oat products in the market almost always retain the bran and germ even after processing, keeping the nutrient content intact. Oats can also be cooked quickly and easily, making them suitable for a nutritious quick fix snack or for breakfast. The versatility of oat as an ingredient also allows it to be used in many different types of recipes, ranging from dessert to dinner.

Oats can be included in your daily diet to increase your intake of whole grains, to meet dietary recommendations.

Different Types of Oats, Same Goodness

You will be able to find various types of oats in the market. These include old-fashioned oats, steel-cut oats, quick oats, and instant oats. Most oat varieties are whole grains. Take note that there are products like oat bran, which only has the bran without the endosperm and germ and are not marketed as whole grains. Oats in the market usually have increased shelf life after being processed by roasting at low temperature. All the different types of oat are differentiated by the type of processing involved to produce them, resulting in different textures and cooking times. Nevertheless, these various products have similar nutritional values since they are all made from whole oat.



Old-Fashioned Oats:

Whole oat groats are steamed or roasted, then rolled into flakes. This process can make the oats stay fresh longer. It usually takes around ten to fifteen minutes to cook. It can be a simple breakfast meal, or used to make granola bars, cookies, muffins, and other baked goods.



Steel-Cut Oats: Oats are cut into smaller pieces with a sharp metal blade. They are not rolled and take longer time to cook. The texture is also tougher and more chewy. Steel-cut oats are used to make porridge, meatloaf, savoury congee, and stuffing. Steel cut oats are also called Irish oatmeal.

Quick Oats: This is made by cutting the oat flakes into smaller pieces, steaming them longer and rolling them thinner. Quick oats can be cooked faster, within five minutes, and make for a fast yet fulfilling meal. It is interchangeable with old-fashioned oats in any recipes.



Instant Oatmeal: This is similar to quick oats, but made with cut groats that have been precooked and dried before being rolled. It is even more easy and quick to prepare, and may be prepared as beverages.

Oat-Based Products: A wide variety of oat-based products are available in the market, such as oat cookies, ready-to-eat oat cereals, oat beverages, and oat snack bars. These enable us to have greater access to oats, and to consume oats in various interesting ways!

Oat-Some for Health!

Oat is wholesome for our health. It has all the goodness of whole grains, containing the following main groups of essential nutrients:



- **Micronutrients**

Firstly, it is a rich source of essential micronutrients, containing different types of vitamins (especially vitamin B1, B2, B3, E, folate) and several key minerals (eg iron, phosphorus, magnesium and zinc).

- **Dietary Fibre**

Secondly, the high content of dietary fibre in oat is beneficial for our digestion, including its ability to bring about better regulation of bowel movement, and lowering risk of constipation, as well as ability to stimulate a feeling of fullness. A special dietary fibre found in oats is beta-glucan, and studies have demonstrated its ability to lower blood cholesterol level. Based on such available scientific evidence, some regulatory agencies (eg Ministry of Health Malaysia) have permitted a function claim to be made on beta-glucan, namely: an intake of 3 gram or more per day of beta-glucan soluble fibre from whole oats may lower blood cholesterol level.

- **Phytonutrients**

A third group of healthful goodness is a variety of phytonutrients found in oats have been extensively studied for their potential to reduce risk of various chronic diseases like heart disease and cancers. These comprise a wide variety of biologically active plant components and many have been shown to possess antioxidant and anti-inflammatory properties.

Oat is an ideal choice of whole grain to be included in your family's healthful diet. A healthy diet together with regular exercise can help you and your family towards a happy and fulfilling life.

Oat All Day, Every Day!

Oat is the secret ingredient to make your food healthier and tastier. It is proof that a healthy diet does not have to be bland and there are many ways to make a delicious and nutritious food. Being a versatile ingredient, oat can be adapted into different types of meals, be it sweet or savoury, either for snacks, breakfast, or dinner.

Make oats part of your daily diet by trying some of these tips:

- Have breakfast with overnight oats (oats soaked in milk/yoghurt overnight in fridge, served with fruits/nuts)
- Add oats in fruit smoothies or when baking cakes/muffins
- Add roasted oats to stir-fry dishes to add more crunch
- Coat fish/meat with rolled oats before grilling or roasting
- Top-up your bowl of oatmeal with savoury dishes like poached eggs or sautéed mushrooms

Oats can be included in your daily diet in a lot more ways than stated above. With this specially published cookbook, you can choose to enjoy the goodness of oat whenever and wherever you want, to provide the best sustenance for you and everyone in your family.

Did you know?

Oats can be used to replace wheat for people with wheat allergy since oats are wheat-free and gluten-free.





NUTRITION and FOOD for HEALTHY and SMART GENERATION

Food and Nutrition Society
of Indonesia

Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) is an organization of food and nutrition experts, which was established on August 19th 1973.

The main objective of PERGIZI PANGAN Indonesia is to build better communication and collaboration among nutritionist and food scientists in the development and application of science and technology for improving nutrition and health status of Indonesians through professional, public, private and people partnership.

PERGIZI PANGAN Indonesia is the only nutrition organization represent Indonesia as an Adhering Body of the International Union of Nutritional Sciences (IUNS) as well as the Federation of Asian Nutrition Societies (FANS).

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4. Serial food safety seminars in several cities
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6. International Young Food and Nutrition Leadership (iYouLead) Training and Workshop
7. Indonesian Young Food and Nutrition Leadership (DoyouLead) Training and Workshop
8. Indonesian Young Nutrition Leaders Camp (IYNLC)
9. Nutrition Education for School Children
10. Nutrition education for teenagers
11. Nutrition education for young women
12. Nutrition ambassador for teen students
13. Food and Nutrition comics for school children
14. Photo and video competition
15. Recipes competition
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3. Kreasi Menu Ibu Cerdas: Makanan Pendamping ASI (MP-ASI) dari Pangan Lokal
4. Mitos dan Fakta Sarapan disertai Resep Pilihan Sarapan Sehat
5. Sarapan Sehat bagi semua
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8. Cakram Gizi Seimbang
9. Cakram alternatif sarapan sehat



Cakram gizi



Buku Saku Gizi Calon Pengantin



Kreasi Menu MP-ASI



Mitos dan Faktas Sarapan



Sarapan sehat bagi semua



Oats fit well into the Indonesian Cuisine

Indonesia, with more than 300 ethnic groups, has one of the most vibrant and colourful cuisines in the world. They are intensely flavourful too! Many regional cuisines exist, often based upon indigenous culture and foreign influences. Indonesia has about 5,000 traditional recipes, with 30 of them considered the most important. Indonesia's cuisine may include rice, noodle, meat, fish and soup dishes which are sold in modest local eateries to street-side snacks and top-dollar plates. A worldwide online poll in 2011 among 35,000 respondents held by CNN International had voted *rendang* (a semi-wet curry meat) as the top favourite food, followed closely by *nasi goreng* (fried rice) in position two, and *sate* (satay) in position fourteen.

Indonesian cuisine often demonstrates rich and complex flavours, acquired from certain ingredients and mixture of spices. Throughout history, Indonesia's food ingredients and cuisines were influenced by India, China, the Middle East and European countries. The traders brought new ingredients and recipes even before the Dutch came to colonise most of the archipelago. Inversely, the Indonesian islands, which are famed as "the Spice Islands", also contributed to the introduction of spices, such as cloves and nutmeg, to Indonesian and global cuisines.

It is interesting to note that Indonesian cuisine varies greatly by region and has many different influences. Sumatran cuisine, for example, often has Middle Eastern and Indian influences, featuring curried meat and vegetables such as *gulai* or curry, while Javanese cuisine is mostly indigenous, with some hint of Chinese influence. The cuisines of Eastern Indonesia are similar to Polynesian and Melanesian cuisine. Elements of Chinese cuisine can be seen in Indonesian cuisine: foods such as noodles, meatballs, and spring rolls have been completely assimilated. The ways to cook Indonesian cuisine include frying, grilling, roasting, dry roasting, sautéing, boiling and steaming.

Creatively, oats can be a more interesting alternative ingredient for preparing meals for breakfast, main dishes, snacks and desserts as well as drinks based on Indonesian traditional cuisine. This book has 15 recipes that make use of oats as a more healthful ingredient in selected Indonesian cuisines. There are numerous ways for you to include them in your family's meals and turn them into more nutritious choices. In this book, we combine oats into Manado porridge, mung bean porridge, *gudeg*, *megono*, *balado* anchovies, Aceh noodle, *tempe mendoan*, *seblak*, fresh spring rolls, *pempek*, *jalangkote*, *es palu butung*, cake fritters, iced cendol, and *wedang ronde*. Try these recipes and you will be amazed at how good and tasty they are!





MANADO PORRIDGE WITH OAT (*Bubur Manado dengan Oat*)

Manado Porridge with Oat

(Bubur Manado dengan Oat)

Serves: 3

Preparation time: 15 min

Cooking time: 20 min

Ingredients

80 g (2 cups) rice
 80 g (½ cup) oat
 100 g (2 small) cassava
 50 g (½ small) yellow pumpkin
 100 g (1 bowl) spinach
 50 g (2 small) corn
 40 g (2 small bunches) basil
 30 g (1 bunch) *gedi* leaves
 32 g (16 cloves) garlic
 10 g (5 pcs) onion
 11 g (11 pcs) cayenne pepper
 14 g (7 pcs) red chili
 1 g (1 cm) shrimp paste
 1 L (5 glasses) water

Manado Porridge (*Bubur Manado*) is a traditional cuisine from Manado, usually served for breakfast. It can be served with salted fish and a variety of complementary dishes. Oat is added to Manado Porridge to increase its whole grain content.

Instructions

1. Blend garlic, onion, cayenne pepper, red chili and shrimp paste.
2. Cut the cassava and yellow pumpkin into large dice.
3. Cut the spinach and leaves.
4. Boil rice until the rice grains are soft.
5. Add cassava, corn, *gedi* leaves, yellow pumpkin, and the blended ingredient. Cook until tender.
6. Add spinach, basil, oat and salt. Stir well.
7. Manado porridge is ready to be served.

Nutrient Content per Serving

Calories 309 kcal

Carbohydrate 61.5 g

Protein 8.9 g

Fat 5.1 g



MUNG BEAN PORRIDGE WITH OAT (*Bubur Kacang Ijo dengan Oat*)

Mung Bean Porridge with Oat

(Bubur Kacang Ijo dengan Oat)

Serves: 4

Preparation time: 10 min








Cooking time: 20 min

Ingredients

300 g (30 tbsp) mung beans
 120 g (1½ cup) oat
 200 g (17 tbsp) brown sugar
 20 g (2 tbsp) jackfruit, diced
 100 g (10 tbsp) sugar
 900 ml (4 glasses) water
 1 g (2 pcs) pandan leaves
 500 ml (2 glasses) coconut milk
 3 g (3 cm) ginger
 1 g (1 cm) cinnamon
 5 g (1 tsp) salt

Mung Bean Porridge (*Bubur Kacang Ijo*) is one of the favourite cuisines in Indonesia. This porridge is mostly sold in small shops or in *gerobak* stalls on the street. By adding oat to Mung Bean Porridge, the whole grain content in the dish is increased.

Instructions

-  Boil water, put mung beans.
-  Wait until the mung beans have cracked open slightly but are not mushy.
-  Add jackfruit, sugar, brown sugar, pandan leaves, salt, oat, coconut milk, ginger, and cinnamon.
-  Keep stirring.
-  Correct the taste. Make sure not to simmer for too long.
-  Remove the ginger and cinnamon.
-  Serve the mung bean porridge warm.

Nutrient Content per Serving

Calories 405 kcal

Carbohydrate 72.1 g

Protein 14.3 g

Fat 8.1 g



YOUNG JACKFRUIT SWEET STEW WITH OAT (*Gudeg dengan Oat*)

Young Jackfruit Sweet Stew with Oat

(Gudeg dengan Oat)

Serves: 4

Preparation time: 10 min

Cooking time: 30 min

Ingredients

500 g (1 medium) green jackfruit, cut and wash
 100 g (¼ cup) oat
 10 g (2 scht) tea leaves
 10 g (5 pcs) onion
 10 g (5 cloves) garlic
 4 g (4 pcs) candlenut
 250 ml (1 glass) coconut water
 500 ml (2 glasses) coconut milk
 100 g (8 tbsp) brown sugar
 3 g (3 cm) galangal
 5 g (½ tsp) shrimp paste
 3 g (1 tsp) pepper powder
 3 g (1 tsp) coriander
 5 g (1 tsp) salt
 1 g (3 sheets) bay leaves

Gudeg is a traditional cuisine from Yogyakarta. *Gudeg* is made from young green jackfruit (Javanese: *gori*, Indonesian: *nangka muda*). Addition of tea leaves gives a reddish-brown colour to the dish. It is usually known as “green jackfruit sweet stew”. Oat is added to *Gudeg* to increase its whole grain content.

Instructions

1. Boil water, add tea leaves and green jackfruit. Boil it until green jackfruit becomes red brownish.
2. Blend the onion, garlic, coriander, galangal, salt, sugar, pepper, and oat.
3. Rinse the jackfruit.
4. Boil coconut milk in another pan, add blended seasoning, then add coconut water. Add brown sugar, shrimp paste, and bay leaves. Lastly, add jackfruit into that pan and stir.
5. Wait until the water is reduced. *Gudeg* is ready to serve.

Nutrient Content per Serving

Calories 437 kcal

Carbohydrate 67.2 g

Protein 9.8 g

Fat 16.0 g



MEGONO RICE WITH OAT (*Megono dengan Oat*)

Megono Rice with Oat

(Megono dengan Oat)

Serves: 5

Preparation time: 10 min

Cooking time: 15 min

Ingredients

600 g (3 plates) rice
 250 g (½ medium) green jackfruit
 120 g (1½ cup) oat
 50 g (½ medium) of coconut, grated
 3 g (8 sheets) lime leaves
 24 g (12 pcs) onion
 16 g (8 cloves) garlic
 3 g (3 cm) galangal
 3 g (3 cm) turmeric
 6 g (6 pcs) candlenut
 3 g (3 cm) cutcherry
 13 g (13 pcs) cayenne pepper
 14 g (7 pcs) chili
 2 g (½ tsp) coriander
 5 g (1 tsp) sugar
 10 g (1 tbsp) salt

Megono Rice (Nasi Megono) is one of the favourite cuisines from Pekalongan. *Megono* is rice with sliced green jackfruit and grated coconut. It is savoury and spicy and is served with an additional menu of fresh vegetables and fried fish. *Megono* rice is usually wrapped in teak leaves or banana leaves. Adding oat to *Megono* Rice increases the amount of whole grain in the dish.

Instructions

1. Boil green jackfruit for 10 minutes, rinse and cut smoothly.
2. Blend all the ingredients except green jackfruit, coconut and lime leaves.
3. Mix the blended seasoning with green jackfruit, coconut, lime leaves, and oat.
4. Steam mixed ingredients for around 30 minutes.
5. Add salt and sugar to taste. Serve *Megono* with warm rice.

Nutrient Content per Serving

Calories 378 kcal

Carbohydrate 72.8 g

Protein 10.0 g

Fat 5.2 g



CHILLI ANCHOVY TEMPE WITH OAT (*Balado Teri Tempe dengan Oat*)

Chilli Anchovy Tempe with Oat

(Balado Teri Tempe dengan Oat)

Serves: 2

Preparation time: 10 min

Cooking time: 15 min

Ingredients

40 g (4 tbsp) salted anchovy
 30 g (1 medium) *tempe*
 50 g (½ cup) oat
 12 g (6 pcs) red chili
 5 g (5 pcs) curly pepper
 10 g (5 pcs) onion
 6 g (3 cloves) garlic
 2 g (2 cm) galangal
 5 g (1 tsp) sugar
 5 g (1 tsp) salt
 250 ml (1 glass) oil

Balado Teri Tempe is one of the favourite cuisines in Indonesia. *Balado* means food with chili sauce, the taste of the dish must be spicy. Oat is mixed into the *Balado Teri Tempe* while cooking to increase its whole grain content.

Instructions

1. Cut the *tempe* into pieces with the shape and size according to your preference, set aside.
2. Clean the anchovy by rinsing it with flowing water.
3. Heat the oil then fry the *tempe* pieces until slightly darken. Lift and drain.
4. Reheat oil and fry anchovies until the colour darkens slightly. Lift and drain.
5. Blend all the seasonings: the red onion, garlic, red chili, curly pepper and galangal.
6. Add salt and sugar to taste, and saute until cooked.
7. Stir well and add fried *tempe* pieces, salted anchovy, followed by oat. Lift and set aside.
8. Wait for a few moments until fully cooked.
9. Serve *Balado Teri Tempe* warm.

Nutrient Content per Serving

Calories 398 kcal

Carbohydrate 22.7 g

Protein 14.1 g

Fat 29.3 g



ACEH NOODLE WITH OAT (*Mie Aceh dengan Oat*)

Aceh Noodle with Oat

(Mie Aceh dengan Oat)

Serves: 4

Preparation time: 10 min

Cooking time: 20 min

Ingredients

400 g (2 bowls) wet noodles
 750 ml (3 glasses) broth
 100 g (20 pcs) wet shrimp
 100 g (2 medium) beef
 30 g (1 medium) tomato, diced
 32 g (16 pcs) onion
 28 g (14 cloves) garlic
 40 g (4 tbsp) bean sprouts, exhaust tail
 100 g (½ small) cabbage
 20 g (2 tbsp) vinegar
 20 g (2 tbsp) soy sauce
 100 g (1 cup) oat
 2 g (1 pcs) leek
 20 g (2 tbsp) salt
 10 g (1 tbsp) sugar
 40 g (4 tbsp) cooking oil
 12 g (6 pcs) red chilies

4 g (4 pcs) cardamom
 3 g (3cm) turmeric
 3 g (½ tsp) cumin
 3 g (3 tsp) pepper
 Pickled carrot/cucumber/onion/chili
 Melinjo crackers

Aceh Noodle (*Mie Aceh*) is one of the favourite traditional cuisines from Aceh using noodle as a main ingredient. The protein food sources used in this cuisine can be beef, lamb or seafood, such as shrimp or crab. They served in rich, hot and spicy curry-like soup. Adding oat increases the amount of whole grain in the dish.

Instructions

1. Blend onion, garlic, red chili, cardamom, turmeric, cumin and pepper.
2. Saute sliced onion and garlic.
3. Add beef, stir and cook until it changes color.
4. Add the shrimp and tomato and stir well.
5. Add broth, salt and vinegar.
6. Cook until the meat is cooked and water is reduced while stirring.
7. Add cabbage, bean sprouts, and soy sauce.
8. Add noodles and oat.
9. Stir until all ingredients are well-cooked.
10. Served hot with pickled cucumber and melinjo crackers.

Nutrient Content per Serving

Calories 401 kcal

Carbohydrate 37.6 g

Protein 15.9 g

Fat 22.3 g



TEMPE MENDOAN WITH OAT (*Tempe Mendoan dengan Oat*)

Tempe Mendoan with Oat

(Tempe Mendoan dengan Oat)

Serves: 3

Preparation time: 10 min

Cooking time: 15 min

Ingredients

20 g (2 tbsp) rice flour
 100 g (10 tbsp) wheat flour
 100 g (3 pcs) *tempe*
 50 g (½ cup) oat
 10 g (5 pcs) onion
 8 g (4 cloves) garlic
 2 g (1 pcs) leek
 3 g (½ tsp) coriander
 2 g (2 cm) galangal
 10 g (2 tsp) salt
 10 g (2 tsp) sugar
 2 g (2 tsp) pepper
 250 ml (1 glass) oil

Tempe is one of the traditional food originating from Indonesia. There are several types of *tempe*, one of them is *Tempe Mendoan*. *Tempe Mendoan* is originally produced in Banyumas, and has now become very well-known in Indonesia. It is made from thin *tempe* mixed with flour dough and leek so that this cuisine is tasty and crispy. Oat is mixed into the flour dough to increase its whole grain content.

Instructions

1. Blend the onion, garlic, coriander, galangal, salt, sugar and pepper.
2. Cut the leek.
3. Mix the flour, leek, oat and seasoning until the dough is slightly thick.
4. Place *tempe* one by one into the dough.
5. Heat the oil, then fry the *tempe* until brownish.
6. Lift and drain, serve with your favourite soy sauce.

Nutrient Content per Serving

Calories 424 kcal

Carbohydrate 48.8 g

Protein 13.4 g

Fat 21.8 g



SPICY WET SHRIMP CRACKERS WITH EGG AND OAT (*Seblak dengan Oat*)

Spicy Wet Shrimp Crackers with Egg and Oat

(Seblak dengan Oat)

Serves: 3

Preparation time: 10 min

Cooking time: 20 min

Ingredients

250 g (25 large glasses) crackers
 42 g (⅓ glass) *caysim*
 40 g (⅓ glass) carrot
 60 g (⅓ glass) cabbage
 60 g (½ cup) oat
 165 g (3 medium) eggs
 18 g (9 cloves) garlic
 22 g (11 pcs) onion
 3 g (3 cm) cutcherry
 3 g (1 tsp) oat (sprinkles)
 1 g (½ pcs) leek
 8 g (8 pcs) chilies
 20 g (2 tbsp) cooking oil

Seblak is one of the favourite Indonesian cuisines from West Java, which is tasteful and spicy. The egg can be replaced by meat such as chicken or beef. This chewy textured food has a spicy taste, and it has several flavour variations and combinations. Using oat as one of the ingredients in *Seblak* increases the whole grain content.

Instructions

1. Boil crackers for 2 minutes.
2. After the crackers become soft, take out and drain.
3. Mix and blend garlic, onion, cutcherry, and chili.
4. Saute blended seasoning, add eggs and stir.
5. Add carrot, cabbage, *caysim* and oat. Stir well.
6. Add boiled crackers until the water is reduced.
7. *Seblak* ready to be served warm.

Nutrient Content per Serving

Calories 515 kcal

Carbohydrate 83.5 g

Protein 12.7 g

Fat 15.8 g



FRESH SPRING ROLL WITH OAT (*Lumpia Basah dengan Oat*)

Fresh Spring Roll with Oat

(Lumpia Basah dengan Oat)

Serves: 7

Preparation time: 10 min









Cooking time: 15 min

Ingredients

120 g (1 ¼ glass) bean sprouts
 14 g (7 sheets) spring roll sheets
 175 g (1 ¾ cup) oat
 220 g (4 medium) eggs
 100 (1 medium) yam
 30 g (3 tbsp) starch flour
 12 g (3 small) tamarind
 182 g (15 tbsp) brown sugar
 6 g (3 pcs) onion
 6 g (3 cloves) garlic
 1 g (1 pcs) candlenut
 4 g (4 pcs) cayenne pepper
 10 g (1 tbsp) salt
 5 g (1 tsp) pepper
 20 g (Half) bombay onion

Fresh Spring Roll (*Lumpia basah*) is one of the favourite cuisines in Bandung. It is made from a mixture of bean sprouts, eggs and spices that are pan-fried and then wrapped as spring rolls. Oat is added to Fresh Spring Roll to increase whole grain intake.

Instructions

-  Peel yam, cut thin longwise.
-  Boil water, add yam, brown sugar and salt. Stir well until yam becomes brown, lift and set aside.
-  Blend onion, garlic, candlenut and cayenne pepper.
-  Add cooking oil into pan, saute bombay onion, add eggs, stir well. Add blended seasoning, bean sprouts, sweet yam, and oat. Add salt and pepper, and stir well.
-  For sugar glue, prepare a pan, add brown sugar, water, and heat until melted. Stir well.
-  Add liquid of starch flour, stir well until liquid becomes thick.
-  Prepare spring roll sheets, rub the sugar glue on it, followed by spring roll content. Then roll it.
-  Fresh spring roll is ready to be served.

Nutrient Content per Serving

Calories 374 kcal

Carbohydrate 50.9 g

Protein 9.3 g

Fat 15.5 g



SAVOURY FISH PASTE WITH OAT (*Pempek dengan Oat*)

Savoury Fish Paste with Oat

(Pempek dengan Oat)

Serves: 5

Preparation time: 10 min

Cooking time: 25 min

Ingredients

60 g (6 tbsp) wheat flour
 400 g (40 tbsp) sago
 250 g (4 pcs) mackerel
 25 g (5 tsp) salt
 12 g (4 tsp) pepper
 22 g (11 cloves) garlic
 165 g (3 medium) eggs (1 egg for dough,
 2 yolk; well-beaten for content)
 125 g (½ cup) oat
 50 g (5 tbsp) cooking oil









Cuko sauce:

250 g (5 pcs medium) brown sugar
 25 g (5 pcs) tamarind
 10 g (2 tsp) vinegar
 250 (1 glass) water







Pempek is one of the favourite cuisines from Palembang. It is made from fish paste and tapioca/sago flour. *Pempek* is served with a rich sweet and sour sauce called *kuah cuko*. Sometimes local people also add yellow noodles and cut cucumbers for variations. Adding oat to *Pempek* increases the whole grain content.

15 g (1 tbsp) dried prawn
 8 g (4 cloves) garlic
 10 g (10 pcs) cayenne pepper

Instructions

-  Blend the mackerel, add eggs and salt.
-  Stir dough until smooth.
-  Water is poured gradually until all the dough is mixed. Stir well.
-  Add sago flour and oat into the dough while kneading until smooth and dull.
-  The dough can be formed according to the type of *pempek* desired. Fill the *pempek* with yolk and oat.
-  Then boil the *pempek* that has been formed using water.
-  If the *pempek* is already floating, it signs the *pempek* is done and can be drained.
-  Fry *pempek* that has been boiled until it is slightly yellowish and ready to be served.

Cuko sauce:

-  Blend dried prawn, garlic and cayenne pepper.
-  Boil water with brown sugar, tamarind, water and vinegar using a small fire.
-  Add the blended seasoning.
-  After brown sugar dissolves, lift and filter the *cuko*.
-  Add chili. Then add salt to taste.
-  Boil back and when it feels right then it can be lifted and then filtered back.

Nutrient Content per Serving

Calories 624 kcal

Carbohydrate 101.5 g

Protein 16.7 g

Fat 17.4 g



MAKASAR PASTEL PIE WITH OAT (*Jalangkote dengan Oat*)

Makasar Pastel Pie with Oat

(Jalangkote dengan Oat)

Serves: 7

Preparation time: 10 min

Cooking time: 20 min

Ingredients

Crust:

300 g (30 tbsp) wheat flour

55 g (1 medium) egg

50 ml (5 tbsp) warm oil

10 g (2 tsp) salt

Filling:

750 ml (3 glasses) oil

75 g (¼ glass) carrot

125 g (1 ¼ cup) oat

75 g (1 small) potato

100 g (3 medium) beef

110 g (2 medium) boiled eggs

75 g (¼ glass) bean sprouts

25 g (¼ glass) glass noodle (*soun*)

2 g (1 stalk) celery

25 ml (⅓ glass) water

6 g (3 cloves) garlic

8 g (4 pcs) onion

1 g (½ tsp) pepper

2 g (¼ tsp) nutmeg powder

Jalangkote is a traditional cuisine from Makassar which looks similar to a *pastel* pie. The difference is that *pastel* pie has a thicker crust than *Jalangkote*; *pastel* is eaten with cayenne pepper while *Jalangkote* is eaten with a mixture of liquid vinegar and chili. Oat is mixed into *Jalangkote* to increase whole grain intake.

Sauce:

8 g (4 pcs) red chili

2 g (2 pcs) cayenne pepper

8 g (4 pcs) onion

8 g (4 pcs) garlic

5 g (1 tsp) vinegar

5 g (1 tsp) pepper

3 g (½ tsp) sugar

5 g (1 tsp) salt

13 g (¼ medium) tomatoes

100 ml (⅔ glass) water

Instructions

Filling:

Heat oil, add garlic and onion, saute until fragrant.

Add the celery, beef, carrots and potatoes. Then pour water and cook until half cooked.

Add other ingredients (except eggs) and add salt, pepper, nutmeg powder, sugar and oat.

Then cook until all the ingredients are cooked. Lift and set aside.

Crust:

Add the flour, eggs, salt, oat and water. Then stir well.

Add 50 ml of hot cooking oil, then knead the dough until smooth.

Roll the dough up to 3 mm thick, form a round shape with a diameter of 10 cm.

Take one piece of crust, put 2 tablespoons of stuffing that has been made earlier and 1 slice of egg on it.

Cover and glue the crust in a semi-circle using egg whites.

Repeat with the remaining dough.

Fry *Jalangkote* using hot oil until browning.

Sauce:

Blend all ingredients (except water and vinegar).

Heat oil, saute until fragrant. Then set aside.

Boil water, then put the sauted sauce and vinegar. Stir well until cooked and lift.

Serve *Jalangkote* and sauce while still hot.

Nutrient Content per Serving

Calories 384 kcal

Carbohydrate 52.3 g

Protein 13.3 g

Fat 15.1 g



CAKE FRITTERS WITH OAT (*Kue Cucur dengan Oat*)

Cake Fritters with Oat

(Kue Cucur dengan Oat)

Serves: 6

Preparation time: 10 min

Cooking time: 15 min

Ingredients

120 g (1 ½ cup) oat
 125 g (12 ½ tbsp) rice flour
 100 g (10 tbsp) wheat flour
 2 g (¼ tsp) salt
 50 g (5 tbsp) sugar
 130 g (11 tbsp) brown sugar
 200 ml (1 glass) water
 1 g (1 pcs) pandan leaf
 300 ml (1 glass) oil for frying

Kue Cucur is a traditional cake from Betawi and also in other Southeast Asia countries, such as Indonesia, Malaysia, southern Thailand and Vietnam. In Indonesia, *kue cucur* can be found throughout traditional markets. Adding oat to this common traditional cake is a good way to increase whole grain intake.

Instructions

1. Mix salt, sugar, brown sugar, pandan leaf and water.
2. Boil until the sugar dissolves and boils.
3. Turn off the heat and leave it warm.
4. After that, pour in sugar syrup.
5. Mix the rice flour and wheat flour, stir well.
6. Pour the cooked sugar syrup into the flour dough slowly.
7. Add the instant oat to the flour dough, and stir well.
8. Mix it with low speed for 5 minutes. Add water if necessary.
9. Pour the dough into a small cup or mould.
10. Heat the oil on a frying pan.
11. Pour the dough above the heated oil.
12. Flush the oil over the dough.
13. Fry until brown.
14. Repeat with the remaining dough.
15. The *Kue Cucur* is ready to be serve.

Nutrient Content per Serving

Calories 403 kcal

Carbohydrate 10.7 g

Protein 6.2 g

Fat 11.5 g



GLUTINOUS RICE BALLS WITH OAT IN GINGER SYRUP (*Wedang Ronde dengan Oat*)

Glutinous Rice Balls with Oat in Ginger Syrup

(Wedang Ronde dengan Oat)

Serves: 5

Preparation time: 10 min

Cooking time: 20 min

Ingredients

Ronde:

100 g (10 tbsp) glutinous rice flour
 150 g (15 tbsp) rice flour
 120 g (1 ½ cup) oat
 8 g (1 tbsp) sugar
 70 ml (¼ glass) water
 Enough food colouring






Sauce:

150 g (12 ½ tbsp) brown sugar
 2 g (2 stem) lemongrass
 1 g (3 pcs) lime leaves
 5 g (10 cm) ginger
 3 g (½ tsp) salt
 800 ml (4 glasses) water





Wedang Ronde is a herbal traditional drink from Java. “*Wedang*” in Javanese means “beverage”. Oat is added into *Wedang Ronde* to increase whole grain intake.

Instructions

Ronde:

-  Mix peanuts that have been mashed with sugar; mix well the contents.
-  Mix the glutinous rice flour, salt and oat. Pour hot water until well mixed.
-  Divide the dough into several pieces then add a few drops of food colouring, stir well.
-  Make the dough into a round shape and insert peanuts and oat into the dough; repeat this step until all the dough is used up.
-  Boil the dough until fully cooked.

Sauce:

-  Boil brown sugar with water, lemon leaves, ginger and lemongrass.
-  Keep stirring until boiled perfectly.
-  Serve *ronde* in a bowl then pour with brown sugar sauce.
-  *Wedang Ronde* is ready to be served.

Nutrient Content per Serving

Calories 383 kcal

Carbohydrate 85 g

Protein 7.4 g

Fat 1.8 g



ICED STEAMED BANANA WITH OAT (*Es Palu Butung dengan Oat*)

Iced Steamed Banana with Oat

(*Es Palu Butung dengan Oat*)

Serves: 5

Preparation time: 5 min

Cooking time: 15 min

Ingredients

100 g (1 cup) oat
 125 g (13 tbsp) rice flour
 1 L (4 glasses) coconut milk
 160 g (3 medium) of plantain (steamed)
 1 g (1 pcs) pandan leaf
 5 g (1 tsp) salt
 5 g (1 tsp) vanilla
 30 g (3 tbsp) syrup

Es Palu Butung is a traditional drink from south Sulawesi. It is made from steamed plantain/banana and mixed with rice flour porridge. This cuisine is usually served to break the fast during Ramadan month. *Es Palu Butung* can be served warm or cold. Oat is added to *Es Palu Butung* to increase whole grain intake.

Instructions

1. Heat coconut milk over medium heat.
2. Add pandan leaf, salt, and vanilla. Stir until boiled.
3. Add rice flour and oat. Stir until thickened.
4. Place the porridge in a glass or a bowl.
5. Cut the plantain and place it on the porridge.
6. Pour the syrup on the porridge that has been added with the banana.
7. *Es Palu Butung* is ready to be served.

Nutrient Content per Serving

Calories 457 kcal

Carbohydrate 62.1 g

Protein 9.3 g

Fat 21.4 g



ICED CENDOL WITH OAT (*Es Cendol dengan Oat*)

Iced Cendol with Oat

(Es Cendol dengan Oat)

Serves: 5

Preparation time: 10 min

Cooking time: 20 min

Ingredients

25 g (2 tbsp) rice flour
 50 g (5 tbsp) sago flour
 50 g (5 tbsp) *hunkwe* flour
 75 g (¾ cup) oat
 100 ml (½ glass) pandan juice (6 sheets pandan leaves)
 300 ml (1 glass) water
 3 g (½ tsp) salt
 5 g (1 tsp) lime betel

Sugar Dressing :

200 g (4 pcs medium) brown sugar
 200 ml (1 glass) water
 4 g (4 sheets) pandan leaves
 10 ml (1 tbsp) maize water

Es Cendol is a traditional drink from Java. It is made from rice flour or other types of flour. This beverage has a sweet and savoury taste, which comes from brown sugar and coconut milk. It is served cold. Adding oat to *cendol* is an interesting way to increase whole grain intake.

Coconut Milk Dressing :

300 ml (1 glass) slushy coconut milk
 3 g (½ tsp) salt
 5 g (1 tsp) Vanili
 Ice cube as required

Instructions

1. Mix rice flour and sago flour with half of water. Add oat.
2. Boil water, add lime betel, pandan leaves and salt.
3. Next pour the mixed rice and sago flour and stir well until becomes thick. Raise and drain it.
4. Prepare sieve for cendol and place it above basin.
5. Put ice cube into basin. Pour dough into sieve and push until dough becomes longish granules.
6. Make sugar dressing: boil water, add brown sugar, pandan leaves, and let it simmer. To make it thick, add maize water.
7. Make coconut milk dressing: boil coconut milk, add salt and vanili. Stir well.
8. Put in a glass, pour sugar dressing first, then add cendol, and pour coconut milk dressing onto it. Add ice cubes for a refreshing taste.
9. *Es Cendol* is ready to be serve.

Nutrient Content per Serving

Calories 373 kcal

Carbohydrate 74.2 g

Protein 4.5 g

Fat 7.1 g



SUPER OVERNIGHT OATS WITH QUAKER



 **SUPER
GRAIN
QUAKER™**

- ✓ FIBRE
- ✓ PROTEIN
- ✓ BETA GLUCAN

Serving Suggestion



INGREDIENTS

- 6-8 tbsps. QUAKER Oats
- ½ Cup Milk or Yogurt
- Toppings (fruit, nuts, honey...)

HOW TO PREPARE

- Put the lid on, refrigerate overnight.
- Add your choice of toppings (fruits, nuts, honey – you name it!)
- Add ½ cup milk or yogurt
- Add 6-8 tbsps. QUAKER Oats

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RAISING AWARENESS AND CHANGING BEHAVIOUR FOR PROPER NUTRITION

VINUTAS, as a professional organization, has been working to addressing under-nutrition and over-nutrition and making it a reality for people's health in the whole country.

The Vietnam Nutrition Association support the Government's efforts in implementing the National Strategy for Nutrition 2011-2020 by appropriate and effective approaches and by promoting the healthy diet and lifestyle for Vietnamese people with the vision towards 2030. On November 2017, the Prime Minister signed the Directive No. 46 / CT-TTg to enhance nutrition activities on new period. For that reason, it is necessary to have promoting programmes for raising awareness and changing behaviour of Vietnamese people for proper nutrition. The targets of these programmes are: the diet of Vietnamese people will be improved in terms of quantity, balanced in quality, hygienic and safe; child malnutrition will be further reduced, especially prevalence of stunting, contributing to improved physical status and stature of Vietnamese people; and obesity/overweight will be managed, contributing to the control of nutrition-related chronic diseases.

We always demonstrate a strong commitment to promote nutrition and improve Vietnamese physical status.

Major Publications

- The Journal of Food and Nutrition Science
- The book "Questions and Answers for children's nutrition and health care"
- The book "Causes of food poisoning and prevention"
- The book "Natural water and principles for filtration and disinfection"
- The book "Nutrition and health care for children under 5 years old"

Activities

- Annual scientific conferences,
- The Journal of Food and Nutrition Science
- Consultation in nutrition, food hygiene and health fields,
- Technical assistance to provincial societies of nutritionists to develop professional activities,
- Public talks and workshops,
- Nutrition promotion programmes in collaboration with other professional bodies and private sectors (eg Nutrition Month Vietnam, Nutrition Awards, the programme of nutritional education and community health care on a national scale),
- Conduct research on specific community groups.





Oats create tastier and healthier meals for Vietnamese people

Generally, besides the role of providing nutrients for the body, food also provides good taste and smell for the people. Therefore, one of the purposes of cooking is to create dishes with attractive colours, delicious tastes and smells so as to stimulate people's appetite, thus to ensure good nutrition and health.

Each country, ethnic group, and region has its own typical cuisine. A Vietnamese meal is called "a rice session" because the staple food is rice and rice products (eg fresh noodles, dried noodles and vermicelli). In the past, in the traditional meal, rice was often accompanied by "salty dishes" (eg meat, fish, shrimp and egg), "green dishes" (eg boiled or stir-fried vegetables, vegetable soup and pickles) and condiments (eg fish sauce, soya sauce, lime, chili and pepper). However, in modern cuisine, there are so many fried foods and ready-to-eat foods appearing in Vietnamese meals.

The prominent feature of Vietnamese cuisine is the combination of many food items in a single dish. For example, a stir-fried beef mix is the combination of beef marinated with ginger, garlic, pepper and fish sauce that is cooked with many kinds of greens, such as cauliflower, carrot, kohlrabi, celery, leek and onion. This amazing mixture creates a colourful, delicious and nutritious dish. "Nem" (spring roll) is a traditional dish often appearing as treats during special occasions and holidays is also a mixed dish of a variety of food items (including meat, egg, Jew's ear, mushroom, bean sprouts, carrot, onion, fish sauce, and seasonings)

Another typical feature of Vietnamese cuisine is the use of many condiments and sauces, i.e. each dish has its own sauces and spices. For example, the smell of dills reminds of the sour fish soup; the smell of fish sauce and pepper reminds of "bun cha" (rice noodles with BBQ pork); ginger-flavoured soya sauce reminds of underdone beef. Each dish often goes with its own spices: chicken goes with lemon leaves, beef/buffalo meat goes with garlic and ginger and so on. The diverse use of spices and sauces not only create many dishes of different tastes from one type of food, but also helps to stimulate people's appetite.

Some foods like oats (a wholegrain cereal) are very common in the West but are not as common in Vietnam. Oats are rich in micronutrients, including several minerals such as manganese, phosphorus, magnesium and zinc and B vitamins. Oats also have low glycemic index and a good source of edible fibre. Oats have not been commonly used on its own or as an ingredient in many Vietnamese dishes. Oats can be used to cook many delicious dishes, such as oat porridge, oat cookies, or to be added with meat, seafood, or to be fried or grilled. Oats can also be used in many other dishes for dietary diversification, thus to improve people's nutrition and health. Recognising this, several traditional popular Vietnamese dishes have been modified by the addition of oats to create tastier and healthier meals.

Please enjoy your Vietnamese delicious and healthy foods with added oats!





CHICKEN AND CORN SOUP WITH OATMEAL (*Súp gà ngô với yến mạch*)

Chicken and Corn Soup with Oatmeal

(Súp gà ngô với yến mạch)

Serves: 4

Preparation time: 25 min










Cooking time: 15 min

Ingredients

60 g chicken breast
 20 g meat ham (chicken/beef/turkey)
 40 g corn seeds
 40 g oatmeal
 30 g king oyster mushroom
 10 g corn flour
 20 g (1 pc) egg yolk
 500 ml broth
 5 g seasoning
 5 g MSG
 Ground pepper to taste

“Súp gà ngô” is a rather complete dish combining a variety of foods (meat, corn, mushrooms, egg and oat) in accordance with the dietary advice for Vietnamese. Oat is added to encourage the consumption of whole grain.

Instructions

-  Marinate chicken breast with seasoning and pepper, steam and shred in 1.5 cm thickness.
-  Boil the corn seeds.
-  Finely slice the ham.
-  Dice the king oyster mushroom.
-  Beat the egg yolk.
-  Dissolve the corn flour.
-  Put corn, mushroom, chicken and ham in the broth and boil for 3-5 minutes.
-  Add oatmeal and cook until done; season to taste. Add corn flour and egg to make a thick soup.
-  Boil and serve hot.

Nutrient Content per Serving

Calories 152 kcal

Carbohydrate 16.1 g

Protein 8.3 g

Fat 6 g



MEAT AND VEGETABLE PORRIDGE WITH OATMEAL (*Cháo thịt băm rau củ yến mạch*)

Meat and Vegetable Porridge with Oatmeal

(Cháo thịt băm rau củ yến mạch)

Serves: 4

Preparation time: 10 min






Cooking time: 30 min

Ingredients

80 g minced meat
 30 g oatmeal
 30 g normal rice, crudely ground
 10 g glutinous rice, crudely ground
 10 g lotus seeds
 10 g uncovered green beans
 30 g green cauliflower
 30 g carrot
 10 g leek
 5 g dried onion
 20 ml cooking oil
 Seasoning, MSG, broth and ground pepper to taste

“Cháo thịt băm rau củ” is a nutritious dish and it is good for kids and elderly in Vietnam. Oat is added to increase content of fibre and other nutrients of the food and make it more delicious.

Instructions

-  Soak rice, glutinous rice, green beans and lotus seeds in water for 2 hours.
-  Chop the white part of leek and carrot finely, cut the cauliflower into small pieces.
-  Sauté the dried onion until fragrant, add minced meat, leek and seasoning.
-  Add broth and then rice, glutinous rice, green beans, and lotus seed. Simmer until the ingredients get cooked.
-  Add oatmeal, carrot and cauliflower, boil until thickened. Season and serve hot.

Nutrient Content per Serving

Calories 187 kcal

Carbohydrate 16.5 g

Protein 6.5 g

Fat 10.5 g



SPINY BITTER GOURD STICKY RICE WITH OAT (*Xôi gấc với yến mạch*)

Spiny Bitter Gourd Sticky Rice with Oat

(Xôi gấc với yến mạch)

Serves: 6

Preparation time: 360 min





Cooking time: 50 min

Ingredients

40 g (1 whole) spiny bitter gourd
500 g glutinous rice
50 g oat
5 g (1 tsp) salt
30 g (2 tbsp) sugar
10 g white sesame

“Xôi gấc” is a traditional dish made from sticky rice and spiny bitter gourd. It is usually served during festival because of its taste and attractive red colour. However, it can also be served as an everyday breakfast. Oat is mixed with sticky rice to make “Xoi gac” more nutritious.

Instructions

-  Wash the glutinous rice, soak in water for 6 hours. Clean and drain.
-  Mix the inner of spiny bitter gourd with rice and salt well, then steam it for 25 – 30 minutes.
-  When the rice gets tender, whisk it over with chopstick for further softness. Add a little cooking oil and steam for 10 more minutes.
-  When the rice is cooked (tender and sticky), move it out and sprinkle with sugar, white sesame and oats, mix well. Put on a plate or a mould for a good-looking shape.

Nutrient Content per Serving

Calories 383 kcal

Carbohydrate 78.3 g

Protein 9.6 g

Fat 3.5 g



CHICKEN FILLET ROLLED WITH MINCED MEAT AND OAT IN MUSHROOM SAUCE
(Thăn gà cuộn thịt băm với yến mạch chiên sốt nấm)

Chicken Fillet Rolled with Minced Meat and Oat in Mushroom Sauce

(Thăn gà cuộn thịt băm với yến mạch chiên sốt nấm)

Serves: 5

Preparation time: 40 min












Cooking time: 30 min

Ingredients

400 g chicken breast
80 g lean meat
30 g animal fat
50 g oat
50 g onion
1 small bunch of coriander
50 g leek
30 g dried onion
15 g black mushroom
50 g shiitake mushroom
20 g soya sauce

“Thăn gà cuộn thịt băm” is a nutritious dish served during special occasions in Vietnamese families. Oat is added to create a distinct taste and increase fibre content of the food.

Instructions

-  Boil the animal fat and cut into small cubes.
-  Chop the lean meat finely.
-  Dice onion into small cubes.
-  Soak black mushroom in water and shred.
-  Shred shiitake mushroom.
-  Chop the white part of leek.
-  Slice the chicken breast to 1 cm thick, tenderise the meat and marinate with seasoning for 15 minutes.
-  Mix the chopped meat, animal fat, onion with $\frac{2}{3}$ of oats, pepper, and seasoning. Leave for 15 minutes and divide into 10 portions.
-  Flatten each chicken slice, place the mixed portion on top and roll.
-  Sauté chopped leek with cooking oil until fragrant, add black and shiitake mushroom with seasoning, and add broth and cook until boiled. Add the rest of oats and cook until the right consistency is met, season to taste.
-  Put the chicken rolls in oven at 175 °C for 25 – 30 minutes. Cut into 1 cm slices and place on a plate. Pour the sauce over. Serve hot.

Nutrient Content per Serving

Calories 306 kcal

Carbohydrate 10.4 g

Protein 23.7 g

Fat 18.8 g



DEEP FRIED PRAWN COATED WITH OAT (*Tôm tẩm yến mạch chiên giòn*)

Deep Fried Prawn Coated with Oat

(Tôm tẩm yến mạch chiên giòn)

Serves: 4

Preparation time: 20 min






Cooking time: 15 min

Ingredients

400 g (12 whole) prawns
 60 g oat
 20 g tapioca flour
 30 g wheat flour
 20 g frying mix (Tempura flour)
 70 g (2 pcs) eggs
 Pepper and herbs to taste
 40 ml cooking oil
 2 g seasoning

“Tôm tẩm bột chiên giòn” is a popular dish in Vietnam; and it is a favourite food for the kids. Oat is used to coat the prawns and it is an excellent way to introduce whole grain to children earlier.

Instructions

-  Peel and devein the prawns, leave the heads and tails.
-  Marinate with seasoning and herbs for 15 minutes.
-  Beat up the eggs.
-  Add eggs, wheat flour, tapioca flour and frying mix to the prawns to make a thick mix. Then coat the prawns with oat.
-  Heat up the cooking oil in a pan, deep fry the prawns until golden brown. Serve with sour and sweet sauce.

Nutrient Content per Serving

Calories 320 kcal

Carbohydrate 19.9 g

Protein 25.0 g

Fat 15.6 g



OAT-COATED FISH FILLET (*Thăn cá tằm yến mạch chiên*)

Oat-Coated Fish Fillet

(Thăn cá tằm yến mạch chiên)

Serves: 4

Preparation time: 25 min







Cooking time: 15 min

Ingredients

500 g snake-head fish fillet
 60 g oat
 35 g (1 pc) chicken egg
 40 ml cooking oil
 10 g wheat flour
 30 g tapioca flour, tempura flour
 10 g seasoning
 5 g MSG
 Spice herb and dills to taste

“Thăn cá tằm bột chiên” is a special and nutritious dish served during weekend and festival occasions in Vietnam. It has a delicious taste with spice herbs, chicken egg and tempura flour but requires careful deboning. Oat is added during the sautéing of meat mixture to serve as extender for a more filling dish. This also improves the nutritional value of the dish.

Instructions

-  Clean the dills.
-  Clean the fish fillet thoroughly, cut into pieces and season.
-  Add egg, flours and leave it for 15 minutes.
-  Coat fish with the oats and deep fry until golden brown.
-  Take out and place on a plate.
-  Serve with mayonnaise.

Nutrient Content per Serving

Calories 350 kcal

Carbohydrate 20.3 g

Protein 28.9 g

Fat 17.0 g



OATMEAL SEAFOOD CURRY (*Carry hải sản yến mạch*)

Oatmeal Seafood Curry

(Carry hải sản yến mạch)

Serves: 5

Preparation time: 20 min








Cooking time: 25 min

Ingredients

60 g oatmeal
 400 g (12 whole) prawns
 100 g squid fillets
 80 g scallop
 100 g potato
 40 g carrot
 30 g peas
 50 ml coconut milk
 30 ml ketchup
 30 g onion
 1 piece lemon grass root
 1 sachet curry powder
 20 g tapioca flour
 20 g garlic
 600 ml broth
 10 g seasoning
 Lemon leaves, hot chili and MSG to taste

“Carry hải sản” is a very famous dish served during weekends and special occasions in Vietnam. The dish uses a variety of seafood and has the taste of lemon grass and curry powder. Oat is introduced in the recipe to increase our daily whole grain intake.

Instructions

-  Peel and devein the prawns, leave the tails.
-  Clean the squid thoroughly and cut into ring.
-  Dice potato and carrot, slice lemon grass and chili.
-  Shred lemon leaves. Chop the garlic and onion.
-  Sauté the garlic and onion until fragrant, add potato, carrot, peas and oats and stir until cooked.
-  Add broth and cook until boiled. Add the rest of ingredients and season. Put tapioca flour to make a thick mix.
-  Serve with bread.

Nutrient Content per Serving

Calories 278 kcal

Carbohydrate 35.4 g

Protein 23.2 g

Fat 4.8 g



SEAFOOD SPRING ROLL WITH OATMEAL (*Nem hải sản yến mạch*)

Seafood Spring Roll with Oatmeal

(*Nem hải sản yến mạch*)

Serves: 6 (2pcs/serving)

Preparation time: 25 min

Cooking time: 20 min

Ingredients

150 g fresh prawns
 50 g crab meat
 80 g deboned mackerel fish
 100 g fresh squid
 50 g onion
 100 g carrot
 80 g oatmeal
 70 g (2 pcs) chicken eggs
 50 g mayonnaise
 30 g spring roll wrapper
 20 g bread crumbs
 Black pepper and seasoning to taste

“Nem hải sản” is a very special and delicious dish. However, since its preparation is a bit complicated, it is often only served during festival or special occasions in Vietnam. Oat is introduced for crunchy texture and to increase fibre and nutrient content of the food.

Instructions



Clean, peel, devein and dice the prawns. Dice squid and fish.



Soak the seafood in hot water (until 70% cooked): add in onion, flattened lemon grass and ginger, leaves of celery and leek. Leave for 1-2 minutes, take out to drain.



Dice the onion and carrot and stir fry for 1 minute, season with black pepper and seasoning then stir the seafood for 2 more minutes. Put the mixture in a strainer to drain. Leave to cool and mix with mayonnaise to make the filling.



Wrapping: place the spring roll wrapper on a clean wet towel, put a scoop of the filling in the centre and roll as normal. Dip the rolls in beaten egg and cover them with oatmeal and bread crumbs.



Frying: Heat the cooking oil in a deep fryer. Deep fry the spring rolls for 1 minute until golden brown.



Remove and place on the kitchen paper towel to remove excess oil. Notice: the filling is already cooked, so frying should be in a very short time with high heat.



Sauce: mix well 3 tablespoons of mayonnaise, serve with rolls.

Nutrient Content per Serving

Calories 240 kcal

Carbohydrate 14.9 g

Protein 16.3 g

Fat 12.8 g



CRISPY OAT-COVERED TOFU (*Đậu phụ tẩm yến mạch chiên giòn*)

Crispy Oat-Covered Tofu

(Đậu phụ tẩm yến mạch chiên giòn)

Serves: 5 (3pcs/serving)

Preparation time: 15 min






Cooking time: 10 min

Ingredients

400 g (5 cubes) tofu
 60 g oat
 50 g tempura flour
 300 g bread crumbs
 35 g (1 pc) chicken egg
 50 g lettuce and coriander
 30 ml cooking oil
 5 g black sesame
 Salt and pepper to taste

“Đậu phụ chiên giòn” is very popular dish in daily meals of Vietnamese families. However, crispy oat-covered tofu is a new combination of tofu with oat, chicken egg and tempura flour. In this way, the dish becomes very nutritious and it is an excellent way to introduce oat to the community.

Instructions

-  Clean the lettuce and coriander, soak in water with added salt for 15 minutes, clean and drain.
-  Cut the tofu curd to medium pieces, sprinkle with a little salt and pepper to taste.
-  Beat up the eggs with a little pepper.
-  Mix oats and bread crumbs well. Mix tempura flour with a little pepper. Cover the tofu with tempura flour and dip it in egg, then cover with oat mix. Make sure that oats cover well the tofu.
-  Heat the cooking oil (do not need deep fryer), fry the covered tofu, turn over to get it golden brown, not over cooked that it will lose the good taste.

Nutrient Content per Serving

Calories 254 kcal

Carbohydrate 20.5 g

Protein 13.5 g

Fat 13.1 g



BBQ OAT MEATBALLS WITH FRESH VERMICELLI (BUN CHA)
(*Bún chả viên trộn yến mạch*)

BBQ Oat Meatballs with Fresh Vermicelli (Bun Cha)

(Bún chả viên trộn yến mạch)

Serves: 6

Preparation time: 30 min

Cooking time: 20 min

Ingredients

400 g loin meat
 50 g oat
 Dried onion, lemon grass, garlic, chili and lemon
 50 g (1 whole) carrot
 120 g (½ whole) green papaya
 600 g fresh rice vermicelli
 60 g lettuce
 10 g coriander
 20 g oyster sauce
 40 g sugar
 25 g fish sauce
 Chili, herbs, vinegar and seasoning to taste

“Bun chả” is a very famous dish in Vietnam and with specific taste in Hanoi because of the sour and sweet sauce with green papaya, carrot, garlic, pepper and other seasoning. Tasty sauce is the secret to make a good Hanoi Bun Cha. Oat is added for crunchy texture and to increase whole grain in our diet.

Instructions



Clean the meat with water and salt. Mince the meat and mix with oats. Peel and clean onion, garlic, then chop finely. Clean lettuce, coriander and soak in water with little salt for 15 minutes, then drain.



To make caramel, put 3 teaspoons of sugar in a pan with some water, simmer until the liquid is thick and dark. Add more water and stir well until boiled.



To make a standard marinating liquid is simple. Just blend 3 teaspoons of seasoning, 3 teaspoons of sugar, 1 teaspoon of oyster sauce and 1 teaspoon of caramel. Pour the marinating liquid over the meat, add chopped onion and garlic, mix well and leave for 30 minutes. Spoon the paste to form small balls.



Grill the meatballs until evenly dark brown. You may need to put some oil over the balls to avoid stickiness to the oven.

Making the sour and sweet sauce



Peel the papaya and carrot, clean and slice. Dip in cold water to remain crunchy.



Blend 1 tablespoon of fish sauce, lemon, sugar, vinegar and chili in a bowl. Soak the papaya and carrot in the sauce, season to taste.



After each ingredient is prepared, you can serve the Bun Cha dish with grilled meatballs, fresh vermicelli, sweet and sour sauce, and green vegetables.

Nutrient Content per Serving

Calories 352 kcal

Carbohydrate 40.4 g

Protein 19.0 g

Fat 12.7 g



SOUR AND HOT TOFU WITH OAT (*Đậu phụ sốt chua cay với yến mạch*)

Sour and Hot Tofu with Oat

(Đậu phụ sốt chua cay với yến mạch)

Serves: 4

Preparation time: 20 min

Cooking time: 15 min

Ingredients

500 g (6 slabs) tofu curd
 100 g minced lean meat
 100 g straw mushroom
 50 g oat
 10 g green onion
 50 ml tomato sauce (ketchup)
 20 g cooking oil
 10 g fish sauce
 5 g sugar
 5 g dried onion
 Satay sauce, salt, seasoning and pepper to taste

“Đậu phụ sốt chua cay” is a good way to increase consumption of tofu in daily meals since it is a good plant protein source and very cheap and delicious. It is also easy to add oat, mushrooms, pepper and satay sauce to make tofu sour, hot and tasty. This is an excellent way to promote whole grain intake.

Instructions

-  Mince the meat, add a small teaspoon of salt, fish sauce, chopped dried onion, pepper and leave for 15 minutes.
-  Cut off the stem of mushroom, clean thoroughly. Clean tofu and cut into cubes.
-  Wash the green onion, chop finely.
-  Then add mushroom and tofu, season with fish sauce, salt, sugar to taste. Cover the pot.
-  Sauté onion and garlic to fragrant. Add minced meat, tomato sauce, satay sauce and stir until cooked.
-  Add oats and cook for 12-15 more minutes, season to taste. Sprinkle chopped green onion over and serve with rice.

Nutrient Content per Serving

Calories 270 kcal

Carbohydrate 11.6 g

Protein 21.4 g

Fat 15.3 g



FRIED OAT-COVERED CHICKEN WINGS (*Cánh gà tẩm yến mạch chiên*)

Fried Oat-Covered Chicken Wings

(Cánh gà tẩm yến mạch chiên)

Serves: 6 (1pc/serving)

Preparation time: 120 min

Cooking time: 15 min

Ingredients

500 g (6 pieces) chicken wings
 50 g wheat flour
 40 g oat
 20 g Aji quick frying mix
 100 ml fresh milk
 10 g chopped dried onion
 35 g (1 pc) chicken egg
 15 g sugar
 5 g seasoning
 50 ml cooking oil
 10 g chili sauce
 MSG and pepper to taste

“Cánh gà chiên” is a very popular and favourite dish among the youth in Vietnam. By incorporating oat instead of wheat flour in fried chicken wings, we can increase our whole grain intake and make it more nutritious.

Instructions

1. Clean the chicken wings, marinate with chopped dried onion and the above seasonings and milk for 2 hours. Take out the wings and drain. Beat the egg in the marinating liquid.
2. Mix the wheat flour and frying mix, and sieve. Shake the wings well with $\frac{1}{4}$ of the flour.
3. Dip the wings in the marinating liquid again and roll over $\frac{1}{4}$ of the flour and oats.
4. Heat the cooking oil, reduce the heat and deep fry chicken wings (better use deep fryer).
5. Fry until golden brown and strain to get rid of excess oil.

Nutrient Content per Serving

Calories 324 kcal

Carbohydrate 16.7 g

Protein 22.3 g

Fat 18.7 g



OATMEAL SWEET CORN DESSERT (*Chè ngô ngọt với yến mạch*)

Oatmeal Sweet Corn Dessert

(Chè ngô ngọt với yến mạch)

Serves: 4

Preparation time: 20 min

Cooking time: 10 min

Ingredients

100 g (2 whole) sweet corn
 50 g oatmeal
 120 g sugar
 100 ml coconut milk
 20 g tapioca
 2 g salt

“Chè ngô” is one of the common desserts in Vietnam. It can also be served as a snack that will satisfy anyone with a sweet tooth. The main ingredients are sweet corn, coconut milk, tapioca and oat. Oat is introduced to increase fibre intake.

Instructions



Detach corn seeds and put in a pot with 3 bowls of water, add a bit of salt and cook until done (3-5 minutes after boiling). Add sugar to taste, cook until sugar is melted, then add oatmeal and bring to boil.



Mix the tapioca with some cold water and gradually pour into the pot and stir until the liquid reaches your desired consistency.



Put coconut milk and a bit of salt in a small pot and bring to boil. Pour, mix well and serve.

Nutrient Content per Serving

Calories 324 kcal

Carbohydrate 57.5 g

Protein 4.7 g

Fat 8.3 g



BANANA AND OATMEAL PANCAKE (*Bánh chuối chiên yến mạch*)

Banana and Oatmeal Pancake

(Bánh chuối chiên yến mạch)

Serves: 6 (2pcs/serving)

Preparation time: 30 min


Cooking time: 10 min

Ingredients

150 g plain rice flour
 50 g oatmeal
 60 g wheat flour
 300 g (6 whole) ripe bananas
 20 g white sugar
 40 ml cooking oil

“Bánh chuối” or banana and oatmeal pancake is a very popular snack in Vietnam. It is prepared from ripe banana, rice flour, wheat flour and oat. It is also a fun way to get children interested in fruits and introduce oat from a young age.

Instructions

-  Strain wheat and rice flour and put in a mixing bowl. Add some water to make a thick and fine mix. Add oatmeal, sugar and more water to a fine thick liquid.
-  Leave it rest for 30 minutes.
-  Peel and halve the bananas lengthwise. Put them in a nylon bag and use a rolling pin or knife to make them flat.
-  Dip and coat the banana slices in the flour mix.
-  Heat the cooking oil and deep fry the banana slices till golden brown.
-  Take it out and coat it again with the flour mix and fry again to get a puffy shape and golden colour.
-  Take out and use kitchen towel to get rid of excess oil. Serve hot. (You may sprinkle some white sesame in the flour mix to give it a better appearance).

Nutrient Content per Serving

Calories 277 kcal

Carbohydrate 47.4 g

Protein 4.8 g

Fat 7.6 g



OATMEAL AGAR-AGAR JELLO (*Thạch rau câu yến mạch*)

Oatmeal Agar-Agar Jello

(Thạch rau câu yến mạch)

Serves: 6

Preparation time: 60 min






Cooking time: 10 min

Ingredients

40 g oatmeal
 150 g (1 half) red dragon fruit
 100 g pandan leaves
 50 g agar-agar powder
 200 ml coconut milk
 80 g sugar
 200 ml water

“Thạch rau câu” is favourite dessert for kids. This is especially during hot season in Vietnam as it is delicious and helps to cool down. Dragon fruits is added to “Thạch rau câu” to make it more attractive while the addition of oats introduces whole grain, making it more nutritious.

Instructions

-  Peel the dragon fruit, clean pandan leaves and grind. Filter to get the 2 juices separately.
-  Soak oatmeal with agar-agar powder for 1 hour.
-  Cook agar-agar with 200 ml of water until the liquid becomes clear, add sugar and cook until dissolved. Divide the liquid to 3 parts and add each juice to each part (dragon fruit, pandan leaves, coconut milk).
-  Bring to boil again and pour to mould.
-  Leave to cool and put into the freezer. Serve cold.

Nutrient Content per Serving

Calories 203 kcal

Carbohydrate 27.2 g

Protein 3.8 g

Fat 8.8 g



SUPER SMOOTHIE WITH QUAKER



Serving Suggestion



INGREDIENTS

- 1 Cup Strawberry
- 1 Banana
- 4 tbsps. QUAKER Quick Cook or Instant Oats

- 1 Cup Low Fat Milk or Yogurt
- 2 tbsps. Honey
- Ice Cubes

HOW TO PREPARE

Mix everything in a blender and serve



SUPER PORRIDGE WITH QUAKER



- ✓ FIBRE
- ✓ PROTEIN
- ✓ BETA GLUCAN

Serving Suggestion



INGREDIENTS

- 4 tbsps. QUAKER Quick Cook or Instant Oats
- 200mL Chicken Stock

TOPPINGS

- Cooked Shredded Chicken Meat
- Fried Shallots
- Chopped Spring Onions
- Sesame Oil
- Soy Sauce
- Salt and Pepper to taste

HOW TO PREPARE

- For Instant – Add hot chicken stock to oats and stir
- For Quick Cook – Cook oats in chicken stock for 2 minutes
- Add toppings and serve

Overnight Oat with Dragon Fruits

Serves: 1 jar



Ingredients

½ cup	Rolled oat
½ cup	Low fat milk
¼ cup	Greek yoghurt
¼ whole	Purple dragon fruit
¼ whole	White dragon fruit
1 tbsp	Chia seed

Instructions

To prepare the mix oat:

1. Place the rolled oat, low fat milk, Greek yoghurt, and chia seed in a jar. Mix well.

To prepare topping:

1. Cut the dragon fruits into small cubes.

To present the dish:

1. Top with dragon fruits.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 430 kcal | CHO: 54.8 g | Protein: 15.2 g | Fat: 16.3 g

Tropical Trio Overnight Oat

Serves: 1 jar

Ingredients

½ cup	Rolled oat
½ cup	Fresh milk
3 whole	Longan
2 whole	Rambutan
¼ cup	Sea coconut
3 whole	Dates
1 tbsp	Chia seed

Instructions

To prepare the mix oat:

1. Place the rolled oat, fresh milk and chia seed in a jar. Mix well.

To prepare topping:

1. Peel off the longan and rambutan. Remove the seeds.

To present the dish:

1. Top with longan, rambutan, sea coconut and dates.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 463 kcal | CHO: 74.9 g | Protein: 13.2 g | Fat: 13.0 g



The 3 Musketeers!

Serves: 1 jar



Ingredients

½ cup	Rolled oat
½ cup	Strawberry lassi
¼ cup	Green grape
¼ cup	Red grape
¼ cup	Black grape
1 tbsp	Honey

Instructions

To prepare the mix oat:

1. Place the rolled oat, strawberry lassi and honey in a jar. Mix well.

To prepare topping:

1. Cut grapes into halve.

To present the dish:

1. Top with trio grape.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 310 kcal | CHO: 67.9 g | Protein: 5.6 g | Fat: 1.8 g

Banana with Strawberries Overnight Oat

Serves: 1 jar

Ingredients

½ cup	Rolled oat
½ cup	Fresh milk
¼ cup	Greek yoghurt
1 whole	Ripe banana
½ cup	Strawberry
1 tbsp	Honey
3-4 pcs	Mint leaf

Instructions

To prepare the mix oat:

1. Place the rolled oat, fresh milk, Greek yoghurt and honey in a jar. Mix well.

To prepare topping:

1. Peel the banana and slice for about 0.5cm (tips: add a few drops of lemon juice to prevent from turning brown).
2. Slice strawberries thinly.

To present the dish:

1. Top the oats with fruits and mint leaf.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 463 kcal | CHO: 78.6 g | Protein: 12.3 g | Fat: 11.5 g



Pistachio and Almond Flake with Raisin Overnight Oat Serves: 1 jar



Ingredients

½ cup	Rolled oat
½ cup	Low fat milk
¼ cup	Greek yoghurt
1 tbsp	Fresh cream
1 tbsp	Pistachio
1 tbsp	Almond flake
1 tbsp	Honey

Instructions

To prepare the mix oat:

1. Place the rolled oat, low fat milk, Greek yoghurt, honey and a bit of cream in a jar. Mix well.

To prepare topping:

1. Roughly crunch pistachio and roast almond flake for about 6 minutes in the oven at 160°C.

To present the dish:

1. Top with pistachio, roasted almond flake and raisin.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 473 kcal | CHO: 67.0 g | Protein: 13.5 g | Fat: 16.8 g

Matcha Overnight Oat with Mango and Kiwi Serves: 1 jar

Ingredients

½ cup	Rolled oat
½ cup	Fresh milk
¼ cup	Low fat yoghurt
cup	Fresh mango
1 whole	Fresh kiwi
1 tsp	Matcha powder

Instructions

To prepare the mix oat:

1. Place the rolled oat, fresh milk, low fat yoghurt and Matcha powder in a jar. Mix well.

To prepare topping:

1. Peel and dice the fresh mango (tips: add a few drops of lemon juice to prevent it from turning colour).
2. Peel kiwi fruit and slice at 0.5cm thickness.

To present the dish:

1. Top with mango and kiwi fruit.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 448 kcal | CHO: 57.7 g | Protein: 15.5 g | Fat: 16.8 g



Overnight Oat Ala Muesli with Wild Berries

Serves: 1 jar



Ingredients

½ cup	Rolled oat
½ cup	Low fat milk
¼ cup	Green apple, grated
½ slice	Pineapple
¼ cup	Blueberries
¼ cup	Blackberries
1 tbsp	Black raisin
1 tbsp	Honey

Instructions

To prepare the mix oat:

1. Peel, grate apple and soak in salt water. Toss and place it together with the rolled oat, low fat milk and black raisin. Mix well in a jar, adjust the sweetness with honey.

To prepare topping:

1. Cut pineapple into diced.

To present the dish:

1. Top with cubed pineapple, blueberries and blackberries.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 431 kcal | CHO: 81.1 g | Protein: 10.4 g | Fat: 7.8 g

Citrus Overnight Oat with Marmalade

Serves: 1 jar

Ingredients

½ cup	Rolled oat
½ cup	Low fat milk
¼ whole	Orange
¼ whole	Grapefruit
1	Pomelo segment
1 tsp	Marmalade
1 tsp	Black sesame

Instructions

To prepare the mix oat:

1. Place the rolled oat, low fat milk, and marmalade in a jar. Mix well.

To prepare topping:

1. Cut orange and grapefruit into segments.
2. Peel off pomelo and separate the segment.

To present the dish:

1. Top with fruits and sprinkle top with black sesame.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 369 kcal | CHO: 63.4 g | Protein: 10.3 g | Fat: 8.7 g



Nutty Overnight Oat

Serves: 1 jar

Ingredients

½ cup	Rolled oat
½ cup	Chocolate milk
1 tbsp	Black raisin
1 tbsp	Almond
1 tbsp	Walnut
1 tsp	Peanut butter
¼ cup	Dried fruit (example Apricot)

Instructions

To prepare the mix oat:

1. Place the rolled oat, chocolate milk and peanut butter in a jar. Mix well.

To prepare topping:

1. Place the almond and walnut on tray.
2. Roast for 7 minutes at 150°C.

To present the dish:

1. Top with all roasted nuts, raisin and dried fruit.
2. Refrigerate overnight and enjoy in the morning!

**½ cup of rolled oat equivalent to 8 tbsp rolled oat.*

Nutrition information (Per Jar)

Energy: 487 kcal | CHO: 66.0 g | Protein: 16.4 g | Fat: 17.7 g

Triple Berries Oat with Soya

Serves: 1 jar

Ingredients

½ cup	Rolled oat
½ cup	Soya milk
¼ cup	Greek yoghurt
¼ cup	Strawberries
¼ cup	Raspberries
¼ cup	Blueberries
1 tsp	Vanilla extract

Instructions

To prepare the mix oat:

1. Place the rolled oat, soya milk, Greek yoghurt and vanilla extract in jar. Mix well.

To prepare topping:

1. Wash and dry the trio berries.

To present the dish:

1. Top with assorted berries.
2. Refrigerate overnight and enjoy in the morning!

Nutrition information (Per Jar)

Energy: 372 kcal | CHO: 63.5 g | Protein: 9.2 g | Fat: 8.7 g



Notes

A large rectangular area enclosed by a dotted orange border, intended for writing notes. The border is composed of small, evenly spaced dots in a light orange color. The interior of the rectangle is completely blank white space.



**GOOD
DAYS**
START WITH QUAKER



Serving Suggestion



✓ FIBRE

✓ PROTEIN

✓ BETA GLUCAN

