

APPLICATIONS

MicroDried® ready-to-eat ingredients are ideal for hot and cold cereal applications. Our products rehydrate well and can be used without additional processing making them a seamless pick for recipes like overnight oats. MicroDried® products retain great color, texture and flavor without losing integrity. Our powders disburse easily and evenly to provide pops of color in cereal applications. Experience the MicroDried® difference today.

PINEAPPLE & CHERRY PROTEIN OATS

THESE OVERNIGHT OATS HAVE A TASTY COMBO OF FLAVORS & TEXTURES

- 1/4 cup old-fashioned oats
 - 1 Tbsp **MicroDried® Pineapple Fragments**
 - 1 Tbsp **MicroDried® Red Tart Cherry Fragments**
 - 1 Tbsp shredded coconut
 - 2 Tbsp chopped pecans
 - 1/2 Tbsp hemp hearts
 - 1/2 cup bottled vanilla protein shake
1. Add all ingredients to a jar and stir until combined. Place in refrigerator overnight.
 2. Once ready, add additional liquid for desired consistency.

SAVORY PARMESAN VEGGIE OATS

HAVEN'T TRIED SAVORY OATS YET? THINK OF THEM AS A HEALTHIER VERSION OF RISOTTO AND DISCOVER THE POSSIBILITIES!

- 1/2 cup old-fashioned oats
 - 1 cup bone broth
 - 1 tsp butter
 - 1/4 tsp garlic powder
 - 1 Tbsp **MicroDried® Tomato Fragments**
 - 1 Tbsp **MicroDried® Spinach Fragments**
 - 1/4 cup fresh grated parmesan
 - Salt & Pepper to taste
1. Add broth, butter, and garlic powder to a small saucepot on medium high. Let come to a simmer.
 2. Add oats and stir to combine. Reduce heat to medium-low.
 3. Let simmer for 5-7 minutes, or until oats have absorbed most of the liquid.
 4. Take the oats off the heat, add tomato fragments and spinach fragments.
 5. Cover with a tight-fitting lid and let sit for 2 minutes.
 6. Remove lid, top oatmeal with grated parmesan and salt and pepper.

