FACHZEITSCHRIFT FÜR GESUNDHEITSFÖRDERUNG

UGBforum

Literaturliste zum Beitrag:

Ballaststoffe und Diabetes – Mehr Vollkorn auf den Tisch

Dr. Kabisch S, UGB*forum* 3/21, S. 117-119

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Haferrezepte

Himbeermüsli (4 KE)

Zutaten: 50 g Haferflocken, Wasser, 100 g Himbeeren, Süßstoff nach Bedarf

Haferflocken in kochendem Wasser quellen lassen. Anschließend die Himbeeren und den Süßstoff unterheben

Haferflockenauflauf (4KE)

Zutaten: 60 g Haferflocken, 70 ml Wasser, ½ Möhre und Zwiebel, ¼ Zehe Knoblauch, 2 TL Öl

Gemüse klein schneiden und mit 1 TL Öl dünsten. Haferflocken mit 1 TL Öl anrösten, Wasser und Salz dazugeben und einen Brei anrühren. Gemüse unterheben und mit Kräutern abschmecken. Bei 200°C ca. 1 Stunde backen.

Hafer-Kräuter-Brei (4 KE)

Zutaten: 60 g kernige Haferflocken, Wasser, 1 TL Öl, ½ Karotte, 1 Stange Sellerie

Karotte und Sellerie mit Margarine andünsten. Wasser mit Gemüsebrühe aufkochen, Haferflocken einrühren und quellen lassen. Mit dem Gemüse vermengen und mit frischen Kräutern abschmecken.

Apfel-Zimt-Müsli (4 KE)

Zutaten: 45 g Haferflocken, Wasser, 100 g Apfel, evtl. etwas Zimt und Süßstoff

Die Haferflocken in heißem Wasser aufquellen lassen und anschließend mit dem Apfel, etwas Zimt und Süßstoff nach Bedarf vermengen.

Hafer-Lauch-Pfanne (4 KE)

Zutaten: 60 g kernige Haferflocken, Gemüsebrühe, ½ Stange Lauch, frische Kräuter

Lauch schneiden und ohne Fett mit etwas Wasser andünsten. Gemüsebrühe kochen lassen, die Haferflocken dazugeben und quellen lassen. Anschließend den Lauch unterheben und mit Kräutern abschmecken.

Apfel-Hafersuppe (4 KE)

Zutaten: 50 g Apfel, 30 g Haferflocken, 100 g Karotte, ¼ Möhre, 2 EL fettarme Milch, ¾ TL Gemüsebrühe, ca. 300 ml Wasser

Möhre und Apfel schälen, waschen und klein schneiden, im Wasser weich kochen lassen. Die Haferflocken, Milch und Brühe dazugeben, kurz ziehen lassen und pürieren, abschmecken.