MyOatmeal.com: 22 Billion Combos of Healthy Oatmeal

Description

This is going to take a while, I thought to myself after seeing there are 22 billion combinations of 100% Natural, Non-GMO, and Gluten Free oatmeal just waiting for me to create and have made to order on MyOatmeal.com.

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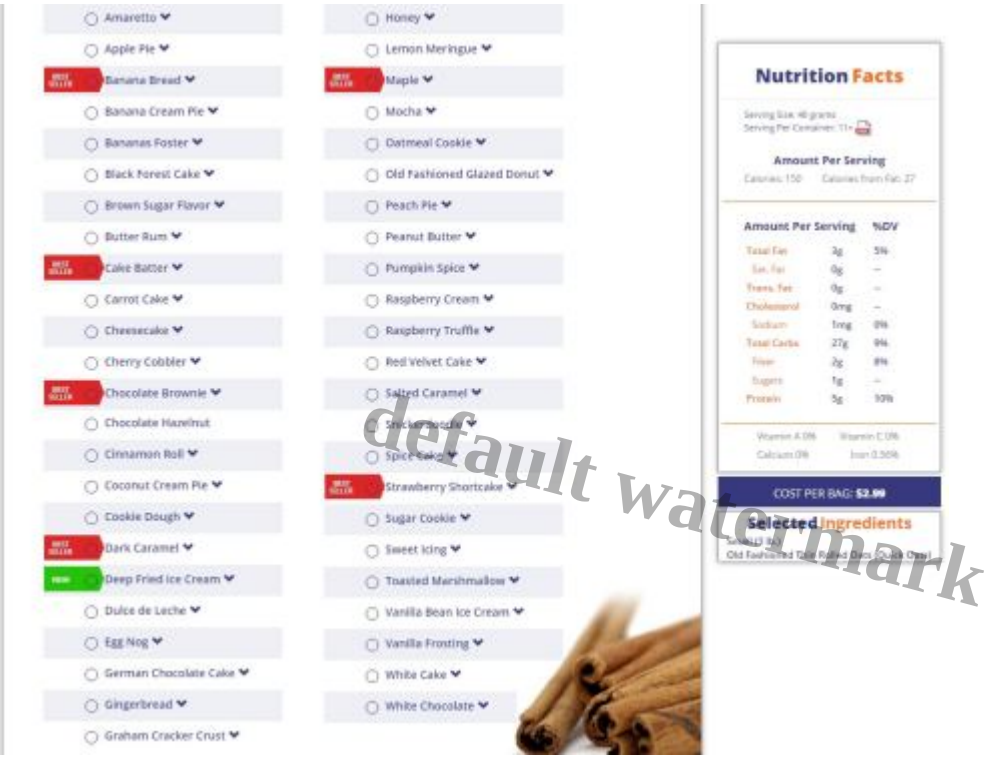
The founders of MyOatmeal.com, Anthony and Kathy Collova, are health-minded, family focused, and down to earth people. Through their growing business, they donate bags of healthy oatmeal to non-profit organizations and seek out ways to enrich communities everywhere. Obviously, they care, a lot, and I was excited when given the opportunity to create my own custom mix of oatmeal as well as PB Lean (peanut butter powder) to review.

There are 10 steps in creating your custom oatmeal blend:

1. The size of the bag (1lb, 2.25lbs, or 4lbs)
2. Type of oats (Naturally gluten free, Non-GMO oats)
3. Flavors (100% Natural, Vegan, Gluten Free & Non-GMO)
4. Fruits (Low Moisture, Gluten Free & Perfect for Oatmeal)
5. Nuts, seeds, and more
6. Protein
7. Sweetener
8. Spices and exotic powders
9. Shipping frequency
10. Name your oatmeal

Creating the PB Lean blend is the same except that the step where you pick *nuts, seeds, and more* is left out.

The first step where you choose from 6 different oat blends proved tasking enough, but the next step was easily hardest.



I have difficulty deciding whether to use a fork or spoon and if I should eat from a plate or bowl, so the option to pick up to 3 of these flavors was pure torture! Torture thatâ€™s totally worth the struggle! By the way, I now use a spork at every meal (seriously) and have decided bowls are always the way to go for me.

Besides my analysis paralysis, the complete ordering process is rather simple and kind of fun. After naming your blend, employees will create your order and ship it right to you to ~~quickly hide from your family and keep for yourself~~ open and enjoy with your friends and family. I created several small bags of oatmeal and PB Lean blends in an effort to try as many flavors as I could.

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One of my favorite parts of the process is that the nutrition facts and ingredients for your order are shown. For anyone keeping track of their macros or simply want to know the breakdown of their food, this is an awesome feature! Hereâ€™s what my bag of oatmeal I named â€œThe Sâ€™mores is Yoursâ€• looks like.

If you donâ€™t want to spend forever trying to think of a name, I think this name would work for every blend you createâ€¦

I donâ€™t always have crack for breakfast, but when I do, itâ€™s from @myoatmeal. What would your custom blend consist of?? TAG A FRIEND! #myoatmeal #oatmeal #crack #saycrackagain

#custom

A photo posted by www.MyOatmeal.com (@myoatmeal) on Mar 4, 2016 at 7:31pm PST

Here are screenshots of the oatmeal and pb lean blends I created:

Now Choose Your Oats! (Naturally gluten free, Non-GMO oats)

1 x Smash Blend Oats (A little bit of everything) $3.99

Time for Some Oatmeal Flavors! (100% Natural, Vegan, Gluten Free & Non-GMO)

1 x Cookie Dough $1.75

1 x Vanilla Bean Ice Cream $1.75

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Let's Sweeten Your Oatmeal! (Recommended if you added a flavor!)

1 x Monk Fruit (plant based, calorie free) $1.99

How Much Healthy Oatmeal Are We Going To Make For You?
Small (1 lb.)

Name your oatmeal blend
Cookie Dough Ice Cream!

Now Choose Your Oats! (Naturally gluten free, Non-GMO oats)

1 x Smash Blend Oats (A little bit of everything) $3.99

Time for Some Oatmeal Flavors! (100% Natural, Vegan, Gluten Free & Non-GMO)

1 x Chocolate Brownie $1.75

1 x Mocha $1.75

Let's Sweeten Your Oatmeal! (Recommended if you added a flavor!)

1 x Monk Fruit (plant based, calorie free) $1.99

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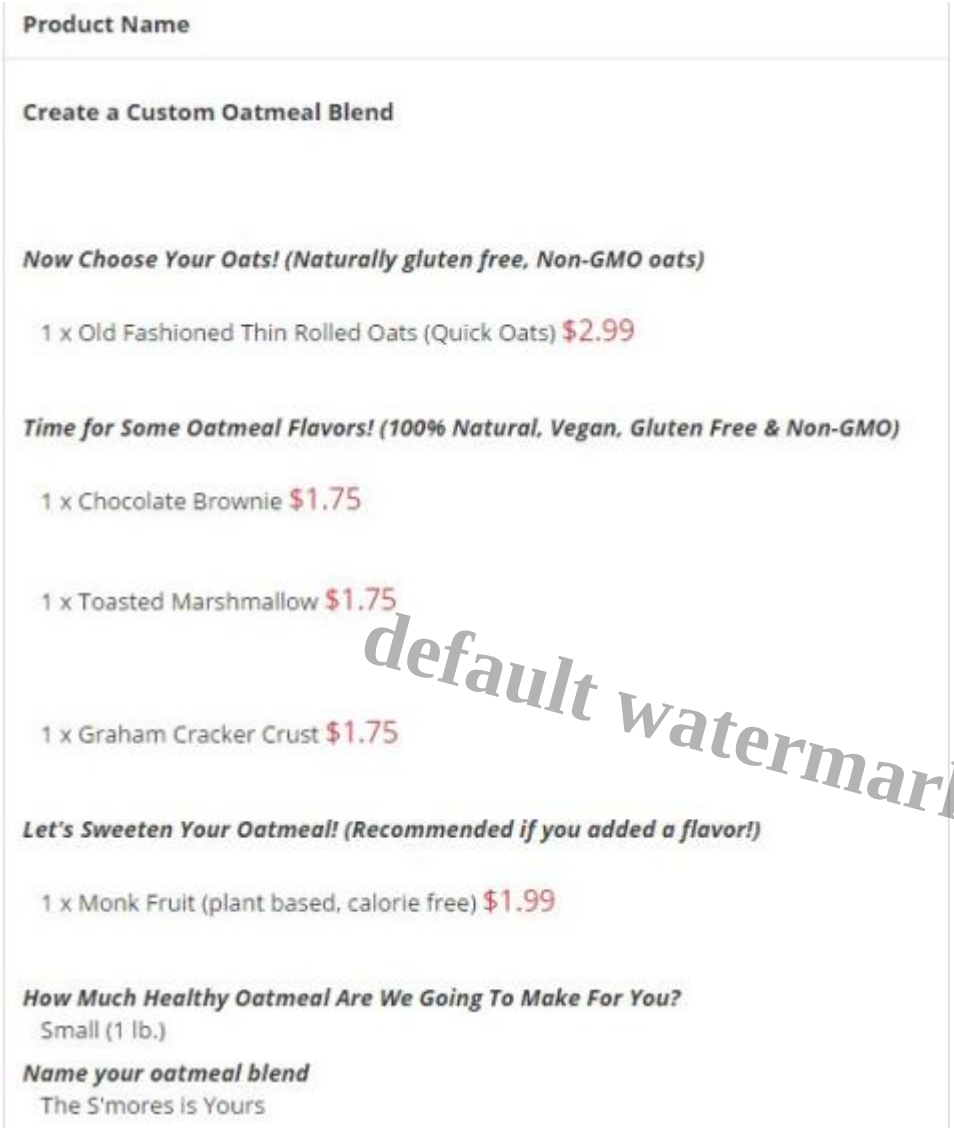
How Much Healthy Oatmeal Are We Going To Make For You?
Small (1 lb.)

Name your oatmeal blend
Chocolate Mocha Brownie



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I used monk fruit to sweeten all of my blends as everything else was some form of sugar. I really wish they would offer stevia as a sweetener as that is my favorite all natural zero calorie sweetener. Hopefully it will be offered in the future.

As a fan of overnight oatmeal, thatâ€™s how I prepared all of my blends. I used a mostly empty Greek yogurt container to let my oatmeal blends soak over night.

Cool tip: the beneficial bacteria in yogurt work to breakdown the oats and makes for easier digestion. Try it, your insides will thank you. ðŸ™‚

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All of the flavor combos I created were tasty and definitely better than plain oats. My favorite was the cookie dough and vanilla ice cream blend; my least favorite was the chocolate brownie and mocha blend.

None of my blends were overly sweet, which I prefer, but the chocolate-mocha oatmeal left a slight chemically aftertaste. I had no problem finishing the bag as it was still good, but Iâ€™d probably opt not to pick that flavor combo again.

Sâ€™mores didnâ€™t give that awesome fire-roasted marshmallow flavor I was hoping for, but it was darn close. I think it would be better as a PB Lean flavor, which I might do next time. Speaking of, here are my PB Lean blends:

Pick Your Peanuts (This is NOT PB Lean yet! Not until you add some flavor!)

1 x Light Roasted (Pressed & Ground Up) $2.99

Time for Some Flavor! (We only use 100% natural flavors!)

1 x Snickerdoodle $1.75

Let's Sweeten the Deal! (Recommended if you added a flavor!)

1 x Monk Fruit (plant based, calorie free) $1.99

How Much PB Lean Are We Going To Make For You?
Small (8 oz)

Name Your PB Lean
Snicker Butter

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Custom Peanut Butter Powder

Pick Your Peanuts (This is NOT PB Lean yet! Not until you add some flavor!)

1 x Light Roasted (Pressed & Ground Up) $2.99

Time for Some Flavor! (We only use 100% natural flavors!)

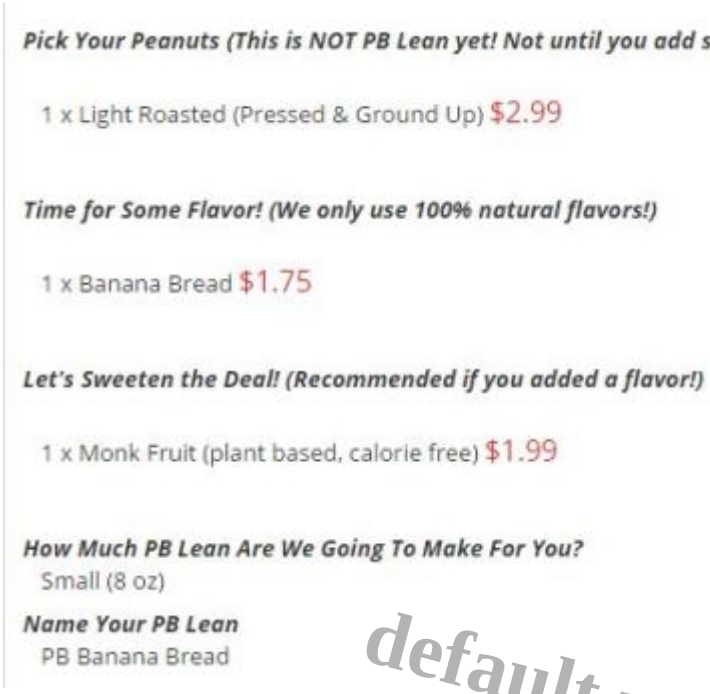
1 x Salted Caramel $1.75

Let's Sweeten the Deal! (Recommended if you added a flavor!)

1 x Monk Fruit (plant based, calorie free) $1.99

How Much PB Lean Are We Going To Make For You?
Medium (1 lb.)

Name Your PB Lean
If Salt and Caramel Mated...



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Bar none, the peanut butter banana bread was absolutely amazing! I just added some water to make a low fat peanut butter like consistency to spread on my homemade NuttZo Banana Bread or just eat with a spoon and instant smiles followed.

The salted caramel was pretty close to the actual thing and gave a pleasing taste that makes it a definite repeat flavor. Same for the snickerdoodle flavor; I love cinnamon, and the combo with peanut flour was tastebud bliss.

Overall, the experience with MyOatmeal.com, from ordering to eating, has been a fun, healthy, and delicious one. If my daughter was older, letting her create her own custom blend would be a great experience sheâ€™d enjoy. If your kids are old enough, empowering them to make their own choices like this is a great way to get them eating healthy and having fun with food.

Actually, this would be a perfect gift idea for your kids or for any of their friendsâ€™ birthdays. How cool would it be to give a custom blend of awesomeness with their name or some other cool name on it? Maybe use it as an incentive to earn their creation by doing chores, making good grades, or just being a good kid. This is something all kids can totally get into and have just as much fun making as they do eating their very own oatmeal.

Trust me, youâ€™ll have fun too. While the price may seem higher than the standard price at your local store, youâ€™re getting high quality ingredients with an almost endless amount of delicious flavor options. Pretend youâ€™re a kid picking out your favorite ice cream flavor on a hot summer day, only itâ€™s healthy oatmeal with zero guilt!

To help in the price department, MyOatmeal.com is giving all Going Dad readers 15% off their entire order. Just enter coupon code **GoingDad15** when checking out and youâ€™ll be on your way to saving on all of your healthy and tasty creations!

Click Here to Order Now!

Remember to use code GoingDad15 at checkout

Be sure to follow MyOatmeal on Facebook, Twitter, and Instagram for tasty recipes and current promotions. Plus, theyâ€™re all good people and deserve our love!

Disclaimer: I provided credit to create blends on MyOatmeal.com and was not compensated any other way. All thoughts and opinions are strictly my own. So trust me when I say, you want this and must try ASAP!

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