



GUIDE

Adding Value to Healthy Snacks with Gluten-Free Oats

Texture, flavor and
healthiness with oats



THE DEMAND FOR HEALTHY AND GLUTEN-FREE OAT SNACKS IS GROWING

The global snack food market continues to grow as consumers look for easy snacks between meals. Healthy eating continues to be a mega-trend, although the rising cost of living has temporarily affected its prioritization. With a recovering economy, healthy choices have become more common again. At the same time, the demand for healthy snacks such as bars, biscuits, granola, and porridge is growing.

The use of oats in snack products has become more common, as oats improve both the nutritional and organoleptic properties of the product. In addition, the popularity of oats has increased with the rise of plant-based and vegan diets. At the same time, gluten-free products are gaining interest among non-celiacs, as more and more people are choosing to go gluten-free as part of their lifestyle. This, in turn, encourages the development of gluten-free oat snacks.

In this guide, we introduce the use of gluten-free oats in healthy snacks and help you choose the best Raisio oat ingredients for your specific needs and products.

Well-being and healthy eating is a megatrend that is evident in snacks

Oats have become increasingly popular as a healthy ingredient

The interest in a gluten-free diet extends beyond allergies

Oats Add Texture, Flavor and Healthiness to Snacks

A good snack is a perfect combination of three key characteristics: delicious taste, pleasant texture and healthy nutritional content. Balancing these qualities can be challenging when it comes to making a snack gluten-free. Here, oats offer a solution, as their properties are ideally suited to developing healthy, gluten-free snacks.

THE BENEFITS OF OATS IN SNACKS

Naturally Gluten-Free

Naturally gluten-free, oats are ideal for gluten-free snacks. They appeal to both people with celiac disease and other consumers.

Various Sizes for Different Needs

Different forms and sizes of oats, such as groats, flakes and flour, offer a wide range of options for oat-based products. There isn't a snack that oats aren't suitable for.

Rich in Fiber

High-fiber oats, and its soluble fiber, beta-glucan, have been scientifically proven to aid digestive function, help control cholesterol, and balance blood sugar levels. Oat fiber provides the health benefits that consumers expect from healthy snacks.



Keeps You Full for Long

The protein and fiber in oats make oat snacks filling. They keep hunger at bay between meals – or can even replace a meal. This, in turn, improves the value for money of oat snacks.

Pleasant Taste

The mild taste of oats allows other flavors to shine through. However, you can just as easily build a snack around the natural flavor of oats – and we highly recommend you give it a try!

Excellent Thickening Properties

Some oat ingredients provide great water and fat binding and thickening properties. Adding oats to a mixture helps to create the desired texture. Oats, being a natural raw material, can effectively serve as a clean label ingredient that improves the structure of products.





Using Oats in Popular Snack Products

Oats can be used in many ways in snacks. The choice of raw material affects the texture, taste and nutritional value of the product. Next, let's get to know the different uses of oats in snack products.

Tips:

- To increase the fiber content, use wholegrain flour or a fiber concentrate made from bran.
- Wholegrain flour withstands mixing better than endosperm flour.
- Different sized oat ingredients have different water retention capacities; some absorb water faster and in greater quantities than others.



Oat Bars and Biscuits

- There are many different types of oats suitable for bars and biscuits. The choice depends on the desired texture and mouthfeel. Flour gives the product a fine texture, while rolled oats and groats add chewiness. Wholegrain flour increases the fiber content of bars and biscuits more than endosperm flour.
- Bars and biscuits share a similar manufacturing process: first the mass is mixed, then it is molded, baked and cooled. It is vital to ensure that the oats are added to the mixture at the right time, as prolonged mixing with water can cause the oats to gelatinize. A shorter mixing time produces a crumblier consistency.

Granola

- In granola, oats are used as flakes. The structure of the granola and the size of the granola pieces can be altered by using different sizes of oat flakes.
- Toasting gives the oats a rich flavor and syrup a delicious, caramelized note.

Breakfast Cereals

- The structure of cereals is greatly influenced by starch, making high-starch oats ideal for their production. Wholegrain or endosperm flours can be used as the main ingredient in cereals. Wholegrain flour can be used to increase the fiber content of cereals, while Oat Bran Concentrates are an excellent fiber and protein supplement.
- Oats can be used to substitute wheat to make cereals more nutritious and gluten-free, for example. All types of oat ingredients work well in the extrusion process used in cereal production.
- Oats give cereals the grainy taste consumers look for, but their mild flavor also gives way to other ingredients, such as cocoa.

Porridge

- Oatmeal is one of the most famous oat products. The creamy texture and pleasant taste of oats make for a delicious porridge. The use of different sizes and thicknesses of oat flakes affects the texture and the cooking time of the porridge, allowing for different consistencies and flavors.

Non-Dairy Products

- Oats have also become an established ingredient in dairy-free products and are now one of the most popular ingredients. Fine oat flours and flakes are ideal for oat-based snack drinks and spoonable gurts, for example. The particle size of the oats has a significant impact on the texture of the product



Our Oat Ingredients for Gluten-Free Oat Snacks

Gluten-Free Oat Bran Concentrate N15



- A natural solution for adding healthy fiber (32g/100g) and protein (21g/100g) to snacks
- A good source of soluble fiber beta-glucan (15g/100g)
- Fine texture and pleasant taste
- Ideal for bars, biscuits and cereals, but also for other snacks
- Can be used as a fat binder especially in bars and biscuits

Gluten-Free Wholegrain Oat Flour



- Fine flour with a pleasant taste of oats
- Excellent supplement for cereals, bars and non-dairy snacks
- Perfect alternative to wheat flour

Gluten-Free Steel Cut Oat Flakes



- The small flakes blend evenly into the mass, giving it a soft mouthfeel
- Suitable for porridge, bars, biscuits and a wide range of bakery products

Gluten-Free Rolled Oats



- Ideal for granola, bars, biscuits and other baked goods
- Maintains its shape well during cooking and preparation, which is important when the appearance and chewiness of the product are key

A Checklist for Choosing the Right Oat Ingredient

- 1. Nutrition:** The choice of oat ingredient affects the fiber, beta-glucan and protein content of the snack product.
- 2. Structure:** Different particle sizes can be employed to adjust the mouthfeel of a product, offering options from soft to rough textures.
- 3. Healthy image:** The high nutritional quality of oats contributes to a positive brand image, no matter what form of oats you use.





Raisio – Your Partner for Oats

Raisio specializes in responsibly produced food and ingredients. Our products combine healthiness with delicious taste. Raisio provides the food industry with a wide range of top-grade Finnish oat ingredients and more than 20 years of gluten-free oats expertise.

We are proud to provide:

- **Top-quality oats** to meet your quality standards.
- **More than 20 years of gluten-free oats expertise** to guarantee oat purity and a safe and secure supply chain.
- **Valuable knowledge on the use of oats in different products** to support your development needs.

Choose Raisio

Contact us and enjoy the benefits of pure Finnish oats in your healthy snacks.

oats@raisio.com

www.raisiofoodsolutions.com