



DIY STEEL-CUT OATS CEREAL

TOTAL PREP & COOK TIME: 45 MIN

SERVINGS: 8

INGREDIENTS

6 cups water
2 cup steel-cut oats
1 tsp cinnamon
½ tsp salt
1 tsp honey (optional)
Pinch of salt to taste
1 oz (~1/4 cup) sliced almonds (or substitute with any type of nut)
¼ cup fresh/frozen blueberries (or substitute with any other fruit without added sugar)

DIRECTIONS

1. Bring water to a boil
2. Add steel-cut oats, cinnamon, and salt and reduce heat to medium low
3. Simmer for 25-30 minutes, or until most of water is absorbed into oats and oat texture is soft
4. Remove from heat, cover, and let stand for 2 minutes.
5. Spoon serving into a bowl
6. Add sliced almonds and fruit.
7. Drizzle with honey and pinch of salt (optional)

MODIFICATIONS:

-If electronic pressure cooker available, add steel-cut oats, cinnamon and salt and cook on high pressure for 12 minutes. Turn off "Keep Warm" function. After cooking, natural release steam for at least 10-15 minutes prior to quick release.