

Basic Steel Cut Oats

Prep Time: 0 minutes

Cook Time: 20-30 minutes

Total Time: 30 minutes

Servings: 4 servings

Serving Size:

Ingredients:

1 cup organic steel cut oats
3-4 cups water
Pinch of salt

Optional Add-ins:

Maple syrup, coconut sugar, agave
Ground cinnamon, nutmeg, ginger
Raisins or craisins
Coconut flakes
Chopped walnuts
Shredded apples
Fresh berries
Sliced bananas

Directions:

1. Bring 3-4 cups water to a boil over high heat. Use 3 cups of water for firmer, more intact oat grains or 4 cups of water for creamier oatmeal.
2. Once the water is boiling, stir in the oats and the salt and give it a stir.
3. Allow it to return to a boil — this should only take a few seconds. Be watchful as the water comes back to a boil, as it can sometimes foam up and spill out of the pan.
4. Reduce the heat to low and bring the oats to a slow simmer. You may need to play with the exact setting on your stove — aim to keep the oats at a very gentle simmer. You should see steam coming off the water with a bubble or two every few seconds.
5. Let the oats simmer for anywhere from 20 to 30 minutes, stirring occasionally and scraping the bottom of the pan. Cook until the oats are very tender and the oatmeal is as creamy as you like it — longer cooking will make thicker oatmeal.
6. Serve immediately with 1-2 teaspoons sweetener, ½ teaspoon spice(s) of choice, and ¼ cup fruit or nuts and enjoy!

Tips and Tricks:

Make a large batch, let your oats cool, and then store them in an airtight container in the fridge for up to one week. I like to make a big batch with several servings at the start of the week so I have some quick, warm breakfasts ready to go on a busy weekday mornings for the hubby and I.

Nutritional Information Per Serving:

**Calculated with 1 teaspoon sweetener.*

Calories: 187.4
Fat: 3.0 g
Cholesterol: 0.0 mg
Sodium: 0.6 mg
Total Carbohydrate: 33.5 g
Dietary Fiber: 5.0 g
Sugars: 4.0 g
Protein: 7.0 g