

STEEL CUT OATS

Serves 4-6

1 cup Steel-Cut Oats

3 cups water

*1 cup milk

1/2 t salt

1 t vanilla

Suggested Topping

organic cane sugar

raisins

butter

cinnamon



❖ Bring the water to a boil in a large saucepan. Stir in the oats.

❖ Reduce heat to medium low and cook oats for 30 minutes, stirring often to prevent sticking.

❖ When the oats start to thicken, add the milk, salt and vanilla and cook for 10-15 minutes more.

❖ When the oats are cooked, add the butter, sugar, cinnamon, raisins, or any other toppings you like and serve hot.

Variation: Saute some chopped apples and pecans in butter then sprinkle with cinnamon and sugar or maple syrup to top your oatmeal with.

*You can omit the milk and use 4 cups water if you prefer, but the milk makes it creamier.

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