



Unprocessed Steel Cut Oats

Steel-cut oats are naturally high in fiber, calcium, and B vitamins AND low in calories and sodium. Plus, as natural food, steel-cut oats lack artificial additives



INGREDIENTS

- 1-Cup Steel-cut oats
- 2-Cups Water
- 2-Almond milk, vanilla flavor
- 1-Stock pot

DIRECTIONS

Measure 2 cups of water. Add water and almond milk to stockpot. Bring water and almond milk to a slow boil over medium heat. Keep the heat moderate so you don't scorch the milk.

Almond milk is high in Vit E, phosphorous, potassium, iron, zinc & calcium; and it's lactose, gluten, casein, saturated fat, and cholesterol-free!

Measure 1 cup of steel-cut oats.

Now it's time to add the oats. After about 12-15 mins, the liquid will cook down and you'll see the oats peeking through.

Cook another 5 mins, then remove from heat and cover.

Leave oatmeal covered for ~20mins.

Put 1 cup of oatmeal in a bowl, add 1/2 cup of your favorite fresh fruit, and top with a few walnuts. Enjoy!!

IN A RUSH!

Try easy oats. Measure oats into thermos pour over boiling water. Close thermos tightly, enjoy in the morning. Drain out excess water, stir in dried fruit, nut, or coconut milk, whatever you prefer. ENJOY