



STEEL CUT OAT CRUNCH

INGREDIENTS

1/2 cup dry steel cut oats
1 cup water
1/2 tsp. sea salt*
1/2 Granny Smith apple with skin, chopped
1/4 cup almond milk, plain
1/4 cup chopped raw walnuts**
Cinnamon to taste

DIRECTIONS

Mix the oats, water, and sea salt in a saucepan; cover and let soak overnight. In the morning, heat the oat mixture over medium heat until creamy, approximately 5 to 10 minutes.

Remove from heat; stir in chopped apples, almond milk, and walnuts. Pour into serving dish and sprinkle with cinnamon to taste.

* To reduce the sodium in this recipe, exclude sea salt

** Soak raw walnuts overnight

Note: Soaking the raw oats overnight will decrease cooking time by 20 minutes

BRENDA'S TIP

This breakfast will stay with you throughout the morning. Steel cut oats are a much better, healthier choice than rolled oats.



CALORIES: 312 • **PROTEIN:** 8 grams • **FIBER:** 12 grams
SERVING SIZE: 1 cup • **SERVES:** 1