



210-842-3008
brenda@thehealthwarrior.com



Toasted Overnight Steel Cut Oats

Ingredients

- 1 Tbsp Grapeseed Oil, Avocado Oil or Coconut Oil
- 1 cup Steel Cut Oats
- 2 cups Filtered Hot Water
- 2 cups Almond Milk or Milk of your choice
- 1/4 teaspoon salt

Directions

- Heat large dutch oven, instant pot, or stock pot over medium-high heat.
- Add & Heat Oil in the large pot
- In a separate pot, Heat the water and milk together to a simmer
- In the pot with the oil, Add the Oats. Stir the oats about every minute to evenly toast the oats until they are fragrant.
- Once the oats are toasted, Add the hot water & milk mixture to the oats with the salt. Allow to come to a slow boil for 1 min, stirring occasionally.
- Give the Oats a final stir before Covering with a well-fitted lid and Turn off the Heat. Allow to sit covered overnight.
- In the morning, uncover the oats, heat over medium heat, stirring occasionally until the oats are heated and at your desired consistency.

*If you don't make these oats the night before, you can still make them in the morning. Follow all of the instructions above. When the oats begin to boil, stir & turn the heat down to medium-low and cover. Stir occasionally for about 20 mins to start. Continue to simmer for 5 to 10 mins until they reach your desired texture & consistency.

- Serve oats in a bowl with your favorite toppings
- Leftovers can be stored in the refrigerator in a tightly-sealed container.
- Leftovers can be reheated in the microwave or a pan with additional water or milk.

Makes 8-10 srvgs

1/2 cup srvg = 85 Cals, Fat 1.3g, Carb. 13.5g, Protein 3g