

## Easy Steel Cut Oat Recipe:

### Ingredients-

1 cup Steel Cut Oats

8 tbsp Chia Seeds or Ground Flax or both

1 Can Coconut Milk(Native Forest)

8 tbsp Collagen Powder

Stevia to taste

Berries of choice

Banana

### Directions-

Pour Boiling Water to sit 1 inch over 1 Cup Steel Oats. Cover and let sit for 1 hour plus. Drain excess water. Mix in collagen, chia seeds, coconut milk and stevia. Cover and place in fridge overnight. Divide into 5 equal portions in the morning and cover with a 1/4 cup of berries of choice and 1/4 banana.

Super simple, super healthy!!! 👊