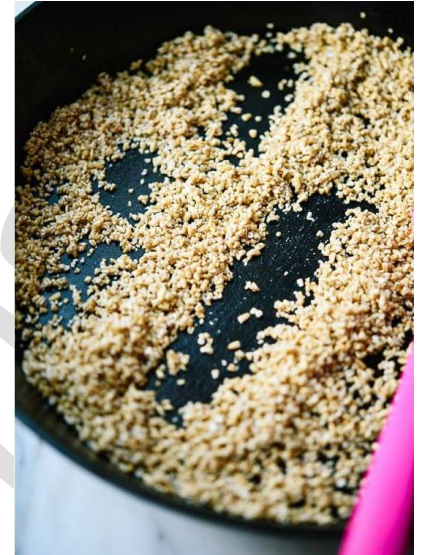


Steel-Cut Oatmeal - quick

Makes 4 servings

Instant oatmeal use ground oats that are partially cooked while old-fashioned oatmeal uses flattened oats that cook faster. Steel-cut oats are small nuggets of oats that are created by slicing the oats, but they take a half-hour to cook. I combine the best features of the longer method (toasting the oats and using almond milk) with a version of steel-cut oats that appears to be partially rolled to cook faster. I make this version unique by including dried tart cherries. The ratio is 2:1 water to oats plus 1/4 cup almond milk.



Ingredients:

- 2 cups water
- 1/4 cup almond milk
- 1 Tbsp. coconut oil
- 1 cup 7-minute steel-cut oats
- 1/2 cup dried cherries
- 1 Tbsp. brown sugar

Equipment

- Fry pan
- Large saucepan



Steel-Cut Oatmeal:

| <input checked="" type="checkbox"/> | Directions | Time (min) | |
|-------------------------------------|--|------------|----|
| | In a saucepan, combine 2 cups water with 1/4 cup almond milk. Bring to a simmer | | |
| | In a frypan, heat 1 Tbsp. coconut oil. | 2 | 5 |
| | Once the oil is shimmering, add 1 cup oats. Stir until golden brown. | 3 | |
| | Add oats to hot water. Reduce heat to medium low. Add 1/4 cup tart cherries. Simmer slowly. Watch for boil over! | 9 | |
| | Remove from heat, cover and rest | 2 | |
| | Serve in bowls. Top with 1 Tbsp. brown sugar and fruit | 1 | |
| | | Total | 17 |