



Steel Cut Oats with Fruit and Nuts

This is one of my own heart-healthy breakfast recipes. This makes an easy, great tasting, nutritious breakfast.

Ingredients: Use your favorite quick or regular Steel Cut oats (available at Costco and health food stores and markets under other names). Consult the recipe for 4 servings on the package. (My favorite brand is Coaches Oats)

Optional: 1 apple cored and cut into small pieces

Prepare above items first & let it cook for about ten minutes covered on low after it reaches a boil. Now stir in the following:

1/4 cup total of the following: raisins, dried blueberries, & 1/4 cup toasted chopped walnuts or pecans. Let it sit on low for another 5 minutes. This will partially cook the apples & hydrate the raisins & blue-berries.

*Optional: Add cinnamon or pumpkin pie seasoning on top before serving.

BREAKFAST HINT FOR LATER

For a fabulous quick breakfast later, leave out the apples. Let oatmeal cool. Place in small freezer-safe Ziplock® baggies and flatten. Place a serving in each bag. Freeze overnight. To re-serve, put in microwave for 2-3 minutes. Pour into bowls and add your favorite plant-based milk.



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