

## Breakfast Steel Cut Oats

Serves 4

### Ingredients:

2 Cups of Organic Steel Cut Oats (or called Irish Oats)

1-cup organic raisins

1 ½ teaspoon of ground cinnamon

2 cups of water

2-½ cups water, leave ¼ cup aside

½ cup vanilla soymilk (optional)

1 large apple (golden, Rome, or granny smith)

¼ cup sunflower seeds (optional)

### Procedure:

Cook oats, raisins, and seeds in liquid for 5 minutes and then simmer until done about 20 mins. Add apples and extra water after 10 mins. Stir constantly, add soymilk at end, and adjust cinnamon.

Cooks Notes: watch the water level, if it is getting too thick add more liquid. Oats should be soft. You can soak oats overnight in 4 cups of water and drain in the morning and start with fresh water, this will cut cooking time down about 10 mins.

Try oats with figs or prunes instead of raisins

When re-heating, add more water or soymilk at lowest flame or put in toaster oven in a flat corning wear like dish

You can also add another grain as Kasha or Barley, just add ¼ cup more liquid

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