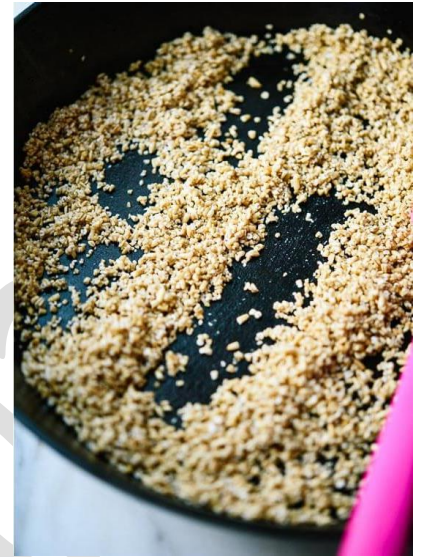


Steel-Cut Oatmeal

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. They take longer to cook but have arguably better flavor and texture. This recipe takes the extra step of toasting the oats. I make four servings for Sally and me and then reheat the leftovers. I make this version unique by including dried plums (prunes) and substitute oat milk and coconut oil for milk and butter to make this vegan. The original recipe comes from Cookie and Kate.



Ingredients:

- 1/2 cup dried plums (prunes)
- 3 cups water
- 1 cup oat milk
- 1 Tbsp. coconut oil
- 1 cup steel-cut oats
- 1/4 tsp. salt
- 1/4 cup slivered almonds
- 1 Tsp. brown sugar
- 3 Tbsp. oat milk

Equipment

- Fry pan
- Large saucepan

Steel-Cut Oatmeal:

☑	Directions	Time (min)	
	In a saucepan, combine 3 cups water with 1 cup oat 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. Simmer slowly. Stir every few minutes. Watch for foam overflow		20
	Cut 1/2 cup prunes into bite-size pieces	5	
	Stir in 1/4 tsp. salt. Add prunes. Simmer until liquid is absorbed.	10	
	Remove from heat, cover and rest		5
	Toast 1/4 cup slivered almonds. Allow to cool.	5	
	Serve in bowls. Top with 1 Tbsp. brown sugar, toasted almonds and oat milk.	1	
	Total		41