

# Steel-Cut Oats

Source: Vegan Kickstart

The perfect, healthy breakfast!

## About the Recipe

**Calories · Protein · Fiber**  
**Breakfast**

## Ingredients

***Makes 15 Servings***

- 2 1/2 c (400 g) steel-cut oats
- 1 1/4 tsp (6.2 mL) iodized salt
- 1 1/4 c (200 g) raisins

## Directions

1. Add all ingredients plus 11 1/4 c (2.66 L) water to a slow cooker.
2. Cook for 6 1/4 hours on low. Be careful to not overcook.
3. Stir and scrape down the sides towards the end of the cook time.
4. Notes: - The ratio of water to steel-cut oats is 4 1/2 c (1.06 L) water for every 1 c (160 g) of oats. - If desired, you can use a different dried fruit, such as dates, prunes, or apricots, chopped into bite-size pieces to help lightly sweeten the oatmeal.

## Nutrition Facts

*Per serving:*

**Calories:** 138 kcal

**Fat:** 2 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 11%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrates:** 24 g

**Sugar:** 8 g

**Fiber:** 3 g

**Sodium:** 211 mg

**Calcium:** 29 mg

**Iron:** 1.4 mg

**Vitamin C:** 0.3 mg

**Beta-Carotene:** 0 mcg

**Vitamin E:** 0.1 mg