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