

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