Steel-Cut Oats

About the Recipe

Calories · Protein · Fiber
Breakfast

Ingredients

Makes 15 Servings

- steel cut oats (2 1/2 cups)
- water (11 1/4 cups)
- salt (1 1/4 teaspoons)
- dried fruit, chopped into bite-sized pieces as needed; e.g., apricots, raisins, dates, prunes (serves to lightly sweeten the oatmeal) (1 1/4 cups)

Directions

1. Add all ingredients 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. Note: Ratio of water to steel cut oats is 4 1/2 cups water for every 1 cup of oats.