

# “simmer and set” steel cut oats

**SERVES 4**

RECIPE FROM: [The Kitchn](#)

COOK TIME: overnight

1 tsp butter or olive oil  
1 cup steel cut oats, dry  
4 cups liquid (water, milk, non-dairy milk)  
Pinch of salt

Toppings of choice:

- ◇ Berries
- ◇ Cinnamon
- ◇ Raisins and/or
- ◇ Drizzle of Honey

**PLUS**

- ◇ Toasted Coconut
- ◇ Nuts or Seeds
- ◇ Natural Nut Butter
- ◇ Clean Protein Powder

HEAT butter or olive oil in a 2-qt saucepan or dutch oven over medium heat.

ADD oats and cook for about 3 minutes or until they start smelling toasty.

POUR in liquid and add salt.

STIR to combine and bring to a rolling boil.

TURN off heat and cover pan.

LEAVE it on the stove and go to bed!

UNCOVER pan and bring oats back up to a simmer (or reheat leftovers in the microwave).

ADD additional liquid, as needed, to reach desired consistency.

ADD toppings of choice and enjoy!

**MAKE IT A MEAL:** Be sure to add adequate protein and/or healthy fats! Add 1-2 Tbsp of nuts, seeds or nut butters or a scoop of protein powder to the oats themselves OR pair oatmeal with eggs or plain Greek yogurt.

