

steel cut oat "hockey pucks"

SERVES 8 or 16 "pucks"

COOK TIME: 30+ minutes

2 cups steel cut oats, dry
8 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



BRING liquid to a boil and stir in oats and salt.

REDUCE heat to low and simmer, uncovered, stirring occasionally.

COOK for about 30 minutes or until oats reach the desired texture and consistency. (Check the package directions as some may have varying instructions.)

TRANSFER cooked oats to a muffin tin once cooled. Each "hockey puck" will be approximately ¼ to ½ cup worth of cooked oats, depending on the consistency you prefer.

PLACE in freezer and freeze until set, a few hours or overnight.

REMOVE pucks from tin and transfer to an air-tight freezer safe bag or container.

TO RE-HEAT, grab 2 "hockey pucks" out of the freezer microwave for about 2 minutes. Stir, add liquid as needed, then heat for another 2 minutes or so.

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.