



Steel Cut Oats with Berries & Almonds Recipe



About This Recipe

Serves: 4
Mess Rating: 1 (out of 5)
Prep Time: 5 minutes
Cook Time: 50 minutes
Total Time: 55 minutes

Equipment

1 Large Pot with Lid
1 Spoon
1 Oven mit
1 Set of measuring cups

Ingredients

3 cups Skim Milk
1/3 teaspoon Kosher salt
1 cup Steel oats
1 cup Slivered Toasted Almonds
1 pint Fresh blueberries
3 cups Water

Setting Up:

Step 1: Wash Blueberries

Wash the berries in water and pat them dry. Remove stem.

Cooking:

Step 2: Prepare Steel Oats

Fill large pot with water. Bring water to a boil in a large pot. Add the steel cut oats and add kosher salt. Stir.

Step 3: Cook Steel Oats

Reduce the heat to medium low. Let the oats simmer with the lid slightly ajar, stirring frequently until cooked through, 30 minutes. Make sure you stir the oats occasionally so they don't stick to the pan.

Step 4: Mix Milk

When the oats start to thicken, at about 30 minutes, add in the milk. Stir the oats and milk together and cook for ten more minutes.

Step 5: Add Toppings

Add fresh blueberries, toasted almonds and a touch of honey. Add whatever toppings you wish.