

Liz's Oatmeal Recipe

2 cups old fashioned oatmeal
1 cup steel cut oats
5 cups almond milk
2 cups coconut water (or plain water)
1/2 tsp salt.

Toppings of your choice - see below

Stir together oats, milk, water and salt.

Cook gently, uncovered, on the stovetop (in a 3 qt. pan with a lid) for about 20-25 minutes, stirring every 5 minutes.

Cover, remove from heat, and let set for 5-10 minutes more, stirring a few times, until the liquid had been absorbed the oatmeal is thick and creamy.



This makes a lot and will keep in the fridge for about a week or so. Of course you can reduce the amount to make less.

****Note, I use the 30 calorie almond milk. There are some out there with lots more calories***

I then top the oatmeal with a combination:

A splash more almond milk and diced up fruit & nuts (my favorites are - blueberries, strawberries, bananas, diced apple, peaches, golden raisins, and dried cherries and toasted almonds). And for a bit sweeter oatmeal, a sprinkle of brown sugar or pure Maple syrup.