

Nutty Steel-Cut Oatmeal with Fruit

(Makes 1 serving)

(V) – This recipe is a vegan option recipe!

Here's a quick way to upgrade your breakfast: Eat steel-cut oats. They're freshly milled from high protein oats and cut into neat little pieces on a steel buhr mill. They're also one of the healthiest foods you can eat, and they make a delightful, full-bodied hot cereal with an appealing texture. Toss in some sweet fruit and crunchy nuts for a meal or snack you'll want to enjoy again and again!

Ingredients:

- ¼ cup steel cut oatmeal
- ¾ cup unsweetened almond milk
- 1 tablespoon fresh strawberries
- 1 tablespoon fresh blueberries
- 1 teaspoon toasted walnuts, chopped
- ½ teaspoon honey



Directions:

1. In a medium size pot, add almond milk and oatmeal.
2. Bring to simmer; stir until oatmeal is thick and creamy – about 20 minutes.
3. Serve with your favorite fresh berries, sliced bananas, or toasted walnuts, and almond milk.

Nutritional Analysis: (per serving)

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| ▪ Calories: 210 | ▪ Carbohydrate: 34 g |
| ▪ Total fat: 6 g | ▪ Dietary fiber: 5 g |
| ▪ Saturated fat: .5 g | ▪ Sugar: 4 g |
| ▪ Protein: 7 g | ▪ Cholesterol: 0 mg |

Source:

Chef Michelle Bartoul-Mangan, Cleveland Clinic Wellness