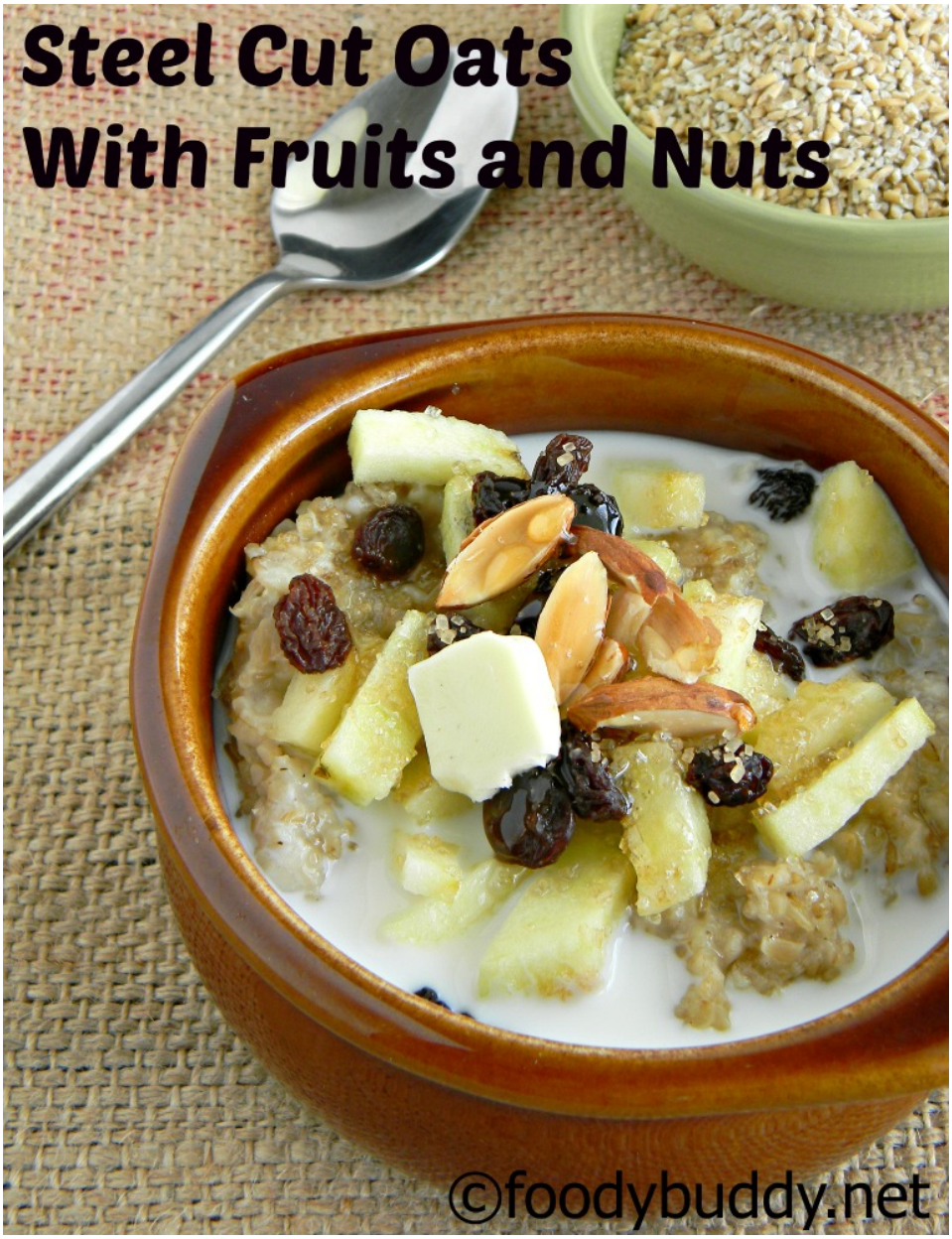
Steel Cut Oats With Fruits And Nuts / Quick Breakfast Recipe



Steel cut oats with fruits and nuts have become one of our favorite quick breakfast during weekdays. They are inexpensive, easy and quick to make dish, delicious in taste. I love to eat a bowl of steel-cut oats flavored with apple, almonds, raisins, brown sugar and honey. If you are vegan, skip the milk and butter instead add almond milk.

What are steel-cut oats (Irish Oats) ? Steel cut oats are whole oat grouts which have been chopped into pieces (wiki). Packed with fiber, iron and thiamine.

Try this heart healthy fruits and nuts steel-cut oats dish for breakfast. It fuels the body with slow burning carbohydrates (low glycemic foods) and helps them to maintain concentration and attention to kids and adults thoroughout the day

Ingredients for Steel Cut Oats With Fruits And Nuts

Preparation Time : 5 mins Cooking Time : 10 mins

Serves:1

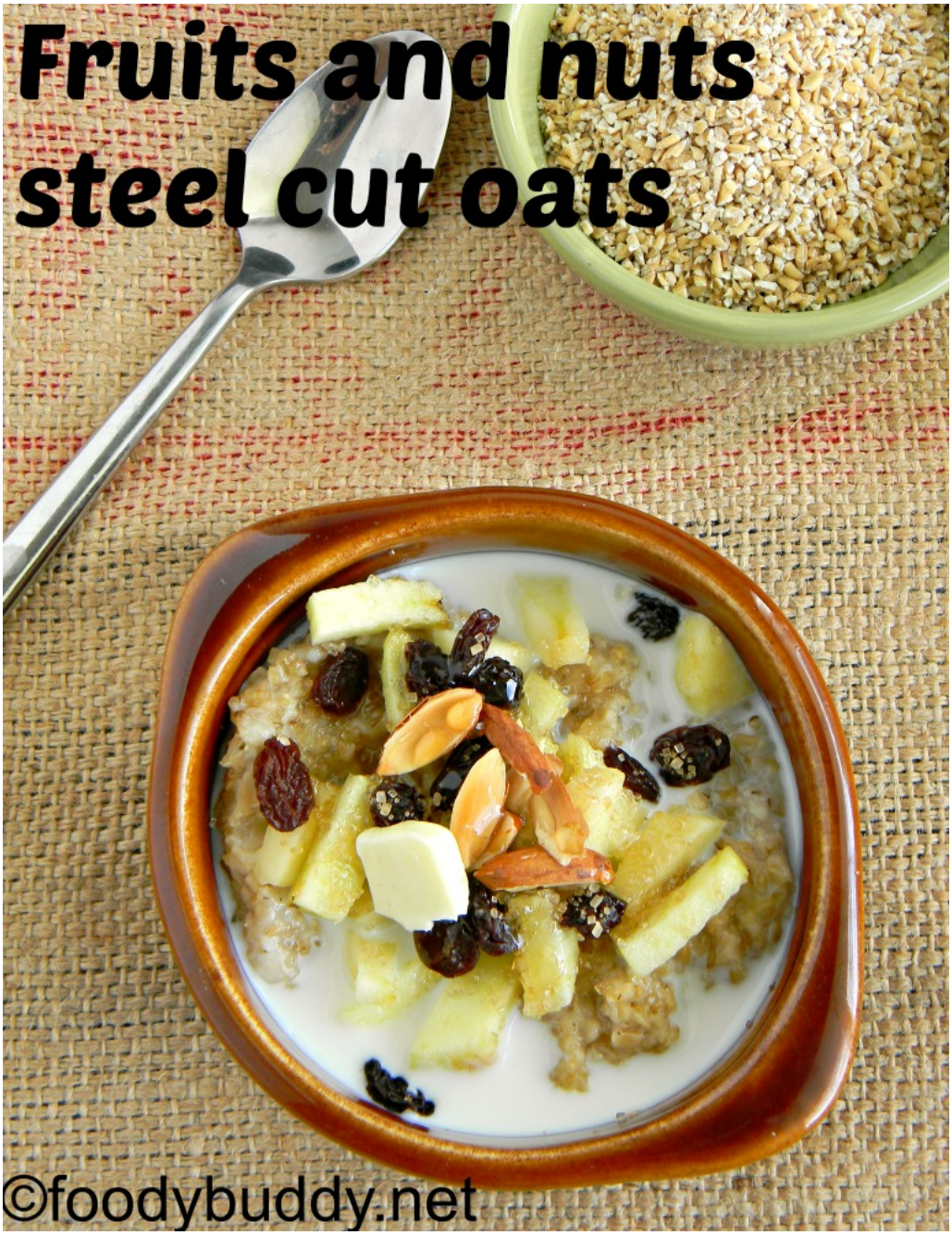
• 1/4 Cup of Steel Cut Oats (Quick cook)
• 3/4 Cup of Water
• 3/4 Cup of Full Fat Milk
• 2 Tsp of Turbinado sugar or Brown Sugar
• 1 Tsp of Honey
• 1/2 Red Apple, Chopped
• Few Raisins
• 5 Almonds, Chopped
• Small piece of Butter
• 1/4 Tsp of Salt

Method for Steel Cut Oats With Fruits And Nuts

• Heat a pan, bring water to boil along with salt.
• Add oats, reduce the heat to medium, uncover and cook it for 10 mins, stirring regularly.
• Once it done, remove from heat. Transfer it to serving bowl.
• To the bowl, add milk, brown sugar, honey, apple, almonds, raisins and butter. Mix well.
• Healthy steel-cut oats with fruits and nuts are ready to serve.

Tips

• For vegan version, avoid butter and milk instead add soy or almond milk.
• You can make this dish even more healthy by adding dates, chia seeds or flax seeds and banana.
• Add any nuts of your choice like sunflower seeds or pecans or walnuts
• If you have rolled oats, follow the same recipe.



Tags: steel cut oats with fruits and nuts, fruits and nuts steel cut oats recipe, easy steel cut oats recipe , steel cut oats for breakfast, quick breakfast recipe, oats recipe, healthy breakfast recipe, heart healthy oats recipe.