

# 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 throughout 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

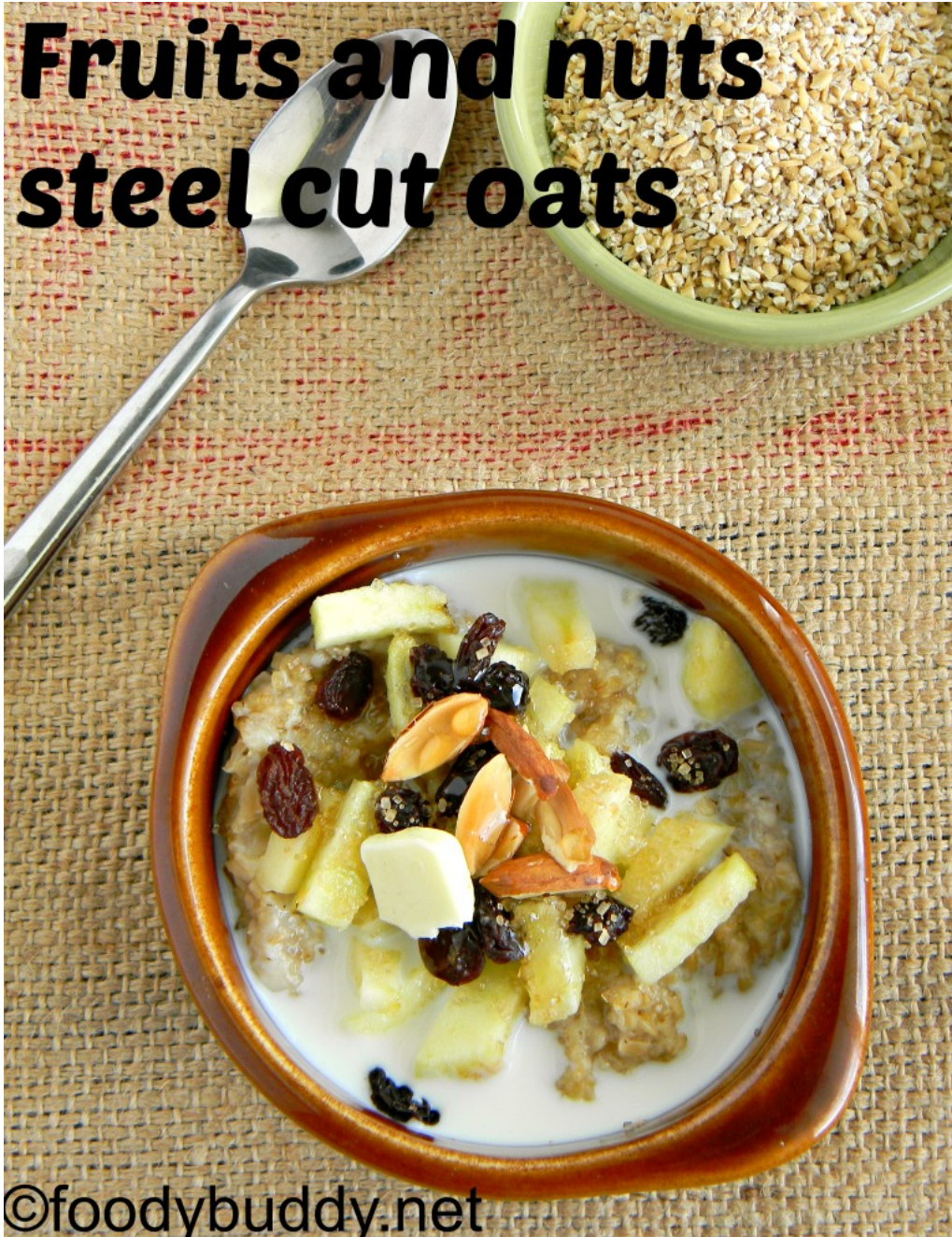
## **Method for Steel Cut Oats With Fruits And Nuts**

- 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.

# Fruits and nuts steel cut oats

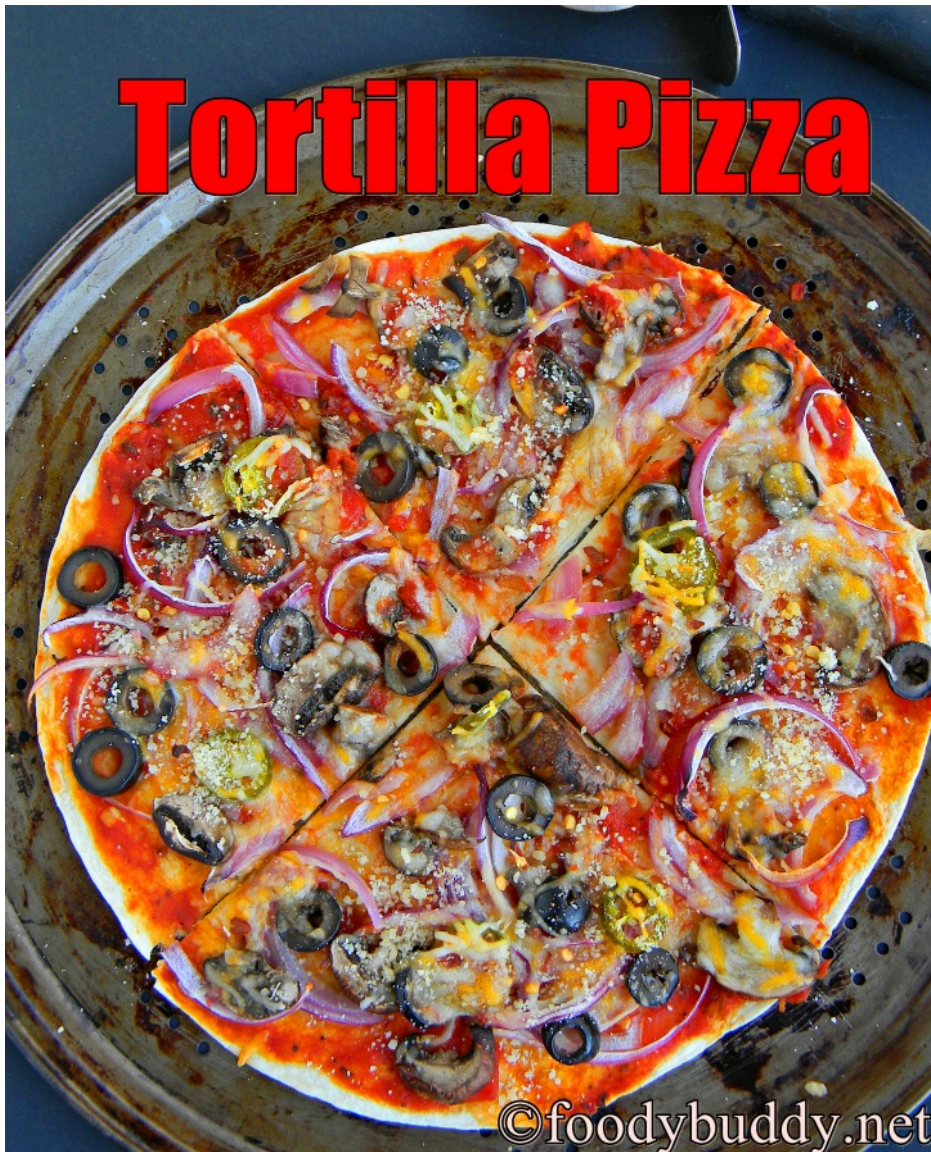


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# Easy Tortilla Pizza Recipe / Thin Crust Pizza



Easy tortilla pizza recipe is nothing but pizza made with store-bought tortilla as base and I used toppings like red onions, black olives, mushroom and jalapeño. This is an easy homemade thin crust pizza and they are yummy in taste. You can make it plain with cheese or add any topping of your choice. I have been making this for years, they are quick and easy way to make tasty dinner and it saves money. You can make it healthy by using whole wheat tortilla or even chapathi (Indian bread). If you like thin crust pizza, this is a good thing to try.

# Easy Homemade Tortilla Pizza Recipe

# Ingredients for Easy Tortilla Pizza Recipe

Preparation Time : 10 Mins Cooking Time :7 mins Serves:2

- 1 Big Flour Tortilla
- 3 Tbsp of Pizza Sauce (Marinara)
- 1/4 Cup of 4 State Cheddar Cheese
- Handful of Chopped Black Olives
  - 7-10 Chopped Jalapenos
- Handful of Chopped Baby Bella Mushroom
  - 1/2 Red Onion, Thinly Sliced
  - 1/4 Tsp Italian Seasoning
  - Dash of salt and Pepper
  - Parmesan Cheese to taste



## Method for Easy Tortilla Pizza Recipe

- Place the tortilla in a baking plate, spread the sauce evenly across the tortilla, leaving 1/2 inch around the edges.
- Sprinkle with cheese, onions, black olives, jalapenos, mushroom, italian seasoning, salt and pepper.
- Broil the oven to high. Place the baking plate in an oven and broil it until the cheese melts and the edges of the tortilla are lightly browned, about 5-7 mins.
- Let the pizza cools down for 5 mins, put some parmesan cheese on top and then slice it.
- Yumma tortilla pizza is ready to serve.

### Tips

- You can use whole wheat tortilla instead of white flour tortilla.
- Use any kind of cheese of your choice.
- Add veggies of your choice for topping like bell pepper, spinach.
- Instead of broiling, you can also bake it at 400° F for 10 mins.
- If you have cast iron pan, you can also use that for making pizza.

# Easy Tortilla Pizza



Tags: [easy tortilla pizza](#), [easy tortilla pizza recipe](#), [tortilla pizza recipe](#), [tortilla pizza](#), [pizza recipe using tortilla](#), [vegetarian tortilla pizza](#), [veggie lovers pizza](#), [cast iron pizza](#), [simple tortilla pizza](#), [crispy and quick tortilla pizza](#), [thin crust pizza recipe](#), [how to make tortilla pizza at home](#), [prepare easy tortilla pizza](#), [homemade pizza recipe](#), [easy dinner pizza recipe](#)

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**[Oat Bran Banana Muffins Recipe / Oat Bran Muffin](#)**

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## Oat Bran Muffin

No flour and no white sugar added, Oat Bran Banana muffins recipe are extremely delicious in taste, packed with protein and fiber. This is not oatmeal, but they are oat bran. These yummy muffins are made with brown sugar, banana and honey as the sweetener. Banana are added here. They are packed with nutrients, give you fuel to body. Adding banana gives moisture,

flavor and sweetness. They are perfect breakfast muffin, it takes only ten minutes to get muffin into oven. Oat bran is the outer cover of the oats and they are very good for health, high in fiber, you can find this whole foods, Trader Joes. This recipe is I got it from trader joes box. Try this oat bran muffins at home and let me know in comment how it tasted.

## How to make Oat Bran Banana Muffins Recipe

### **Ingredients for Oat Bran Banana Muffins Recipe**

Preparation Time : 15 mins    Cooking Time : 15 mins    Serves: 7

- 1 Cup of Oat Bran, Uncooked
  - 2 Tbsp of Brown Sugar
  - 1 Tsp of Baking Powder
    - 1/4 Tsp of Salt
    - 1/2 Cup of Milk
  - 2 Tsp of Flax Seed Powder
    - 1 Big Banana, mashed
      - 2 Tbsp of Honey
      - 1/2 Cup of Rasins
      - Few Cashews

### **Method for Oat Bran Banana Muffins Recipe**

- In a bowl, combine dry ingredients, mix well.
- Add milk, honey, mashed banana and oil, mix just until dry ingredients are moistened.
  - Add raisins, mix well combined.
  - Meanwhile, heat oven to 425 ° F.
- Pour the muffin batter to 3/4 of the muffin cups.
  - Bake for 15-17 mins or until golden brown.

### **Tips**

- If you don't have brown sugar, add white sugar instead.
- You can add blueberries or blackberries or strawberries for different flavor.
  - Add any nuts of your choice like walnuts, almonds.

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## Oat Bran Banana Muffin

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