

Make-Ahead Steel Cut Oats



VEGAN



VEGETARIAN



DAIRY FREE

Ingredients

- 1 cup water
- 1 cup almond milk (or other milk)
- 1/2 cup uncooked steel cut oats
- 1 large banana, mashed
- 1 teaspoon ground cinnamon - pinch of salt
- 1 tablespoon ground flax
- 1 teaspoon vanilla extract

Directions

1. In a medium-sized pot, bring the water and almond milk to a boil. Add in steel cut oats and a pinch of salt and reduce heat to low.
2. Simmer on low, uncovered, for 20-25 minutes, stirring every 5 mins or so.
3. When the oats are creamy and tender, remove from heat and stir in the mashed banana (mashing it helps disperse the sweetness throughout), ground flax, cinnamon and pure vanilla extract.
4. Serve immediately or allow to cool before transferring into air tight containers in the fridge. In the morning, add a splash of milk and reheat in the microwave or on the stove-top

Recipe from Cook Well Berkeley: Cooking Carb-Smart, Spring 2013