

Make Ahead Steel Cut Oatmeal

With a little planning ahead, this can be made at night or on the weekend. It'll make 4-1 cup servings.

Ingredients:

2 cups water

2 cups almond, whole, 1%, 2% milk or your favorite combination of each

1 cup steel cut oats

2 large very ripe bananas, mashed (1cup mashed)

pinch of salt

1 Tablespoon ground flax + 1Tablespoon chia seeds

1-2 Tablespoons Chepachet Farms Cinnamon or Vanilla Infused Maple Syrup

1. In a medium size pan, bring water and milk to a boil. Add steel cut oats and pinch of salt. Reduce heat to low.
2. Stir in mashed banana (mashing helps disperse the sweetness throughout), ground flax and chia seeds. Simmer on low, UNCOVERED, for 20-25 minutes, stirring every 5 minutes or so.
3. When oats are creamy and tender, remove from heat and stir in Maple Syrup to taste. Serve immediately or allow to cool before transferring to air tight containers in fridge. In the morning, add a splash of milk and reheat in the microwave or on stove top. More maple syrup can be added for taste preference.