

Three Ingredient Overnight Steel Cut Oats

Serves: 8 – 1/2 cup servings

Ingredients

4 cups filtered water

1 cup steel cut oats-I prefer McCann's

1/4 tsp salt

Instructions

1. In a heavy saucepan bring the water to a boil.
2. Add the salt and oats, stir and bring back to a boil stirring.
3. Simmer for 1 minute, stir again.
4. Remove from heat and let sit until oatmeal comes to room temperature.
5. Cover and refrigerate overnight.
6. I store mine in a large Mason Jar with a loose cap.
7. Overnight oatmeal is delicious with pomegranate seeds and walnuts*. By adding powerful antioxidants and healthy fatty acids I have energy to get through the busiest mornings.

*Walnuts are a great source of serotonin and omega-3 fatty acids.

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