



Steel Cut Oatmeal With Blueberries and Nuts

Ingredients:

- 1 ½ c. water
- 1 t. cinnamon
- ½ c. steel cut oats – quick cook
- 1 c. blueberries
- ½ c. walnuts or pecan

Bring water with cinnamon to a boil. Add the steel cut oats and reduce heat to low, simmer uncovered for 5-7 minutes, stirring regularly. Remove from heat and add the blueberries and nuts. Allow to stand for a minute to thicken before serving.

Serves 2

This works well to reheat the in microwave – lasts several days in refrigerator.

I often eat this with 2 eggs for more protein.