

Steel Cut Oatmeal

Ingredients

1 cup steel-cut oats, you can these buy in bulk in many natural food stores.

1 cup milk

2 cups water

1/4 teaspoon kosher or Himalayan Sea Salt

1/2 teaspoon ground cinnamon

2 teaspoons honey

1 Tablespoon Quinoa or Hemp Seed

Top with fresh fruit and sliced almonds.

Combine oats, milk, water, salt, and cinnamon in a medium saucepan. Bring to a boil, then reduce heat to low.

Simmer uncovered for 15 to 20 minutes until desired thickness, stirring occasionally. Remove from heat and let cool slightly.