



Favorite Oatmeal

Makes one large serving or two small servings

Ingredients:

- 1/2 cup of steel cut oats
- 1 ½ cups of water
- 1 tablespoon of grade organic maple syrup
- Toppings of choice: we like blueberries, strawberries and candied pecans

Instructions:

1. Place a pot on the stove, add the water and oats and bring to a boil. Then reduce to a simmer for 20 minutes stirring occasionally.
2. Pour into individual bowls. Drizzle maple syrup over the top and add toppings.

~ Enjoy!