

SIMPLE OVERNIGHT OATS

Yields: 2 servings

ingredients

Oats:

½ cup steel cut oats

1 cup water

Topping Suggestions:

Dried fruit (i.e. raisins, raisins), preferably unsweetened

Nuts & Seeds (i.e. pepitas, walnuts, almonds, chia seeds)

Ground flaxseed

Date crumbles (Our favorite: [Bob's Red Mill](#))

Fresh or frozen fruit, especially berries

Non-dairy milk (i.e. unsweetened almond milk)

Cinnamon, Nutmeg, Apple or Pumpkin Pie Spice, etc.

How We Top It, per serving:

1 tablespoon dried cranberries

1 teaspoon pepitas

1 tablespoon walnut pieces (or, about 4 whole)

1 teaspoon ground flaxseed

1 tablespoon [date crumbles](#)

Sprinkle of cinnamon

directions

The night before*, in a small saucepan, add ½ cup steel cut oats and 1 cup water. Bring the water to a boil. Once boiling, turn off the heat. Cover. Go to bed! [Yes, it is that simple and safe to leave out overnight.]

The next morning, simply reheat the oatmeal in the same saucepan and add a little water or non-dairy milk, if the mixture is too tough or dry for you. When warmed, scoop into a bowl and add desired toppings!

Alternately, you can scoop your oatmeal into a bowl or to-go dish, reheat in the microwave, and add desired toppings! Often, we will already have the desired toppings in a to-go container so all we have to do is scoop the oatmeal into the dish & re-heat.

*This dish doesn't need to be made overnight. You can make them the morning of if you have some time. Simply follow the stove-top cooking directions on the container, add toppings, and enjoy!

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