



SPECTRUM HEALTH

Steel Cut Oats With Flaxseed and Fruit

Yield: 4 servings

Ingredients

2 cups water
2 cups vanilla rice milk
2 teaspoons ground flaxseed
1 cup oats, steel-cut
1 tablespoon dried cranberries
1 tablespoon raisins
2 teaspoons maple syrup
1 apple, cut into ¼-inch dice
1 tablespoon blueberries
1 tablespoon raspberries
Cinnamon (optional)

Instructions

1. Combine the water and rice milk in a saucepan and bring to a boil.
2. Add the oats and flaxseed slowly, constantly stirring.
3. Cover and simmer over low heat for 15 minutes. Make sure you stir the oatmeal occasionally.
4. Stir in the dried fruit and maple syrup.
5. Cover. Simmer approximately 10 or 15 minutes longer. Make sure you stir the oatmeal often.
6. Simmer until the oats are soft and the mixture is creamy.
7. Serve, with fresh fruit stirred in.
8. Garnish with cinnamon if desired.

Presented by
Culinary Medicine

Contact Us: spectrumhealth.org/culinarymedicine

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Nutrition Information **Serving Size: 1 cup**

Calories: 198 | Total Fat: 3 g | Saturated Fat: 0 g | Sodium: 11 mg
Total Carbohydrate: 40 g | Dietary Fiber: 4 g | Sugars: 17 g | Protein: 4 g

Recipe inspired by Martha Rose Shulman at cooking.nytimes.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.