

## **Fermented Steel Cut Oats**

Serves 1

### **Equipment Needed:**

Glass or ceramic bowl with cloth or plastic wrap to cover

Measuring cup and measuring spoons

Saucepan for cooking

Rubber spatula, wooden spoon or plastic spoon

Knife

### **To Make The Recipe:**

1/2 cup steel cut oats (rolled oats can be used but not quick-cooking oats)

1/2 cup spring water (or non-chlorinated water)

1-2 tbsp natural yogurt or kefir

### **To cook the oats:**

1/4 tsp cinnamon

Pinch sea salt

3/4 cup spring water (or non-chlorinated water)\*

1/2 chop of whole organic milk (can be mixed with 1 tbsp yogurt or kefir as an option)

1 tbsp pistachio nuts

1 banana

1/4 cup blueberries

1 tbsp maple syrup

Place the oats, 1/2 cup water and yogurt or kefir in a bowl. Mix and cover with a cloth or plastic wrap placed loosely on top. Let sit in a warm place for at least 7 hours. To cook the oats, transfer the fermented oats to a saucepan and add the 3/4 cup water\*, the cinnamon and sea salt. Bring to a boil and lower to simmer and cook for 5-10 minutes or until the water is absorbed. Transfer to a bowl and top with milk, pistachios, maple syrup, bananas and blueberries. Serve

\*If using rolled oats, only a 1/2 cup water is needed