

Easy Creamy Oatmeal Recipe

INGREDIENTS

1 cup whole milk
1 cup water
1/8 teaspoon sea salt
1/2 teaspoon cinnamon
1/3 cup rolled oats
1/3 cup steel-cut oats
1 1/4 tablespoons sugar (maple, brown, or white) or maple syrup

ADDITIONS & TOPPINGS (optional – select from the following or add your favorites)

1/4 cup raisins or Fresh Fruit of choice
1 teaspoon Chia seeds
2 Tablespoons ground flax seed and/or 2 Tablespoons sunflower seeds
Nuts
Sweetener: 2 Tablespoons honey, brown sugar, maple syrup, or sweetener of your choice

DIRECTIONS

Combine the milk, water, and salt in a pot and set over medium heat. When the liquid begins to simmer, add the oats and lower the heat to medium.

Initially, the oatmeal will look watery. It takes time to cook down to develop a creamy texture.

Let the oats simmer. Add the cinnamon at this point. Stir frequently and adjust the heat lower as needed to maintain the simmer. Standing by the stove during the cooking process and stirring occasionally can also help you avoid burning the oats.

The cooking time will be about 20 minutes. You are aiming for the rolled oats to get slightly mushy and the steel-cut oats to have a slight pop when you eat them. This lengthened cooking time is key to breaking down the starches in the oats and getting the oatmeal to become thick and creamy.

Sweeten with sugar or syrup. Transfer the porridge into bowls. Add some cold milk to pool around the edges of the porridge in the bowls. Top with your favorite oatmeal toppings. Our typical daily additions include ground flax seeds and sunflower seeds.

Serving recommendation

Get a large bowl and scoop a healthy portion of this creamy oatmeal into your bowl. Add your favorite oatmeal toppings. We prefer bananas or blueberries, sunflower seeds or walnuts.