

# STEEL CUT OATMEAL WITH PURE MAPLE SYRUP

Add the delicious flavors of syrup to your oatmeal this morning!

*from the kitchen of the MSU Residence Halls*

**Featured Food:** Maple Syrup

**Yield:** Serves 6

## Ingredients

|                       |                                  |
|-----------------------|----------------------------------|
| 4 c. water            | 1 t. cinnamon                    |
| ¼ t. salt             | ¼ t. nutmeg                      |
| 1 c. steel-cut oats   | 1 T. ground flax seed (optional) |
| ¼ c. pure maple syrup | 1 T. butter                      |
| 2 T. honey            |                                  |

## Preparation

Serve with:

Milk

Dried Cranberries

Chopped pecans

In a large sauce pot, bring water to a boil and then stir in salt and steel-cut oats. Let boil for 8-10 minutes, stir frequently. Turn heat to low and simmer uncovered for 20 minutes, stirring occasionally.

Stir in maple syrup, honey, cinnamon, nutmeg and ground flax seed and continue simmering for another 10 minutes. Add the butter and taste. Adjust seasoning as desired.

While oatmeal is simmering, you can place your pecans in a non-stick sauté pan and lightly roast over medium heat, stirring frequently so they do not burn. Toast for about three to five minutes or until they start to give off a nutty aroma.

At this time, you can reserve in your refrigerator and hold for up to five days, or portion out the amount you want to eat and add toppings.

Heating up one portion:

1. Place the cooked oats in a sauce pot and put over medium heat.
2. Add milk to the oats and stir until incorporated, heating until oats are hot (higher than 165 degrees)
3. Place the cooked oats into a bowl and garnish with dried cherries and toasted pecans.