

Steel Cut Oatmeal

Road To Optimal Health Recipe



Detoxifying Breakfast



Ingredients



3 cups of water, juice or rice milk

$\frac{1}{4}$ teaspoon of salt

1 cup of steel-cut oats

1 tablespoon maple syrup



Detoxifying Breakfast



Instructions

- * Add water and salt to a boil over high heat in a saucepan
- * Add steel-cut oats and continue to boil
- * Reduce heat to low, cover and cook for about 15 minutes
- * Turn off the heat and let it stand for 2 minutes until it thickens
- * Add maple syrup before serving

You may add fresh fruit for additional sweetness or replace maple syrup with fruit. I like fresh peaches, bananas or apples.

Recipe from

DETOX-GUIDE.COM

Enjoy



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by eating the right foods
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