

# Steel Cut Oats with Nut Butter, Fresh Fruit & Kefir



## Tips:

1. **Steel cut oats flavor and nutritional benefits:**  
Because they are not precooked or preprocessed the way rolled oats are, steel cut oats provide maximum oat grain rich, nutty flavor and potent nutritional value, especially regarding protein and both protein and fiber.

2. **Making this recipe as quick & easy to make as possible:** Due to their minimal processing, steel cut oats take about 25 minutes to cook. I therefore recommend cooking a batch of steel cut oats in advance, refrigerating or freezing them, and then using those ready-made oats as needed to make any sweet or savory steel cut oats recipe as quickly as possible. (For step-by-step picture book “**How to Cook Steel Cut Oats on the Stove**”, click this link: <http://www.gotta-eat.com/wp-content/uploads/2016/05/How-to-Cook-Steel-Cut-Oats-on-the-Stove-Step-By-Step-Picture-Book-Recipe.pdf>).

**Preparation Time:** 5-7 minutes

**Cooking Time:** about 45 seconds

Needed  
(per serving)

**1-2 Tablespoons Cooked Steel Cut Oats**

**1-2 Tablespoons Nut Butter**

**Fresh Fruit** (I’m using blueberries and banana here,

but any fresh fruit will work)

**Kefir** (kefir is an almost completely lactose-free fermented yogurt-like drink packed with protein and beneficial (“good guy”) bacteria)

**Shot of Honey** (optional)

Microwave Oven Safe Bowl

Tablespoon

Short Bladed (Paring) Sharp Knife



1. Scoop **1-2 tablespoons of cooked steel cut oats** and **1-2 tablespoons of nut butter** into a microwave safe bowl.





2. Put the bowl in the middle of the microwave oven and cook using HIGH heat or 100% power for about 45 seconds. **NOTE:** *Cooking time will vary depending on microwave oven watt power. I used a 1200-watt microwave oven and warmed the steel cut oats and nut butter shown here for about 45 seconds. If your microwave puts out less watt power, cooking time will be longer. If your microwave oven puts more watt power, cooking time will be shorter.*



3. After warming for 45 seconds (or more to your desired temperature), carefully remove the bowl from the microwave oven and add add your choice or a combination of the following:



**1-2 handfuls of (*rinsed*) fresh fruit** (I'm using a combination of **fresh blueberries**, which should be rinsed under cold running tap water before being added to the **oats and nut butter**, and a **fresh banana** cut into bite-sized pieces)





**a good shot of kefir**



**honey** (optional) to taste



**Center for Applied Nutrition**

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