

Overnight Water-Soaked Oats



Tips:

1. Rolled, or old fashioned, oats are rich in complex carbohydrates (carbohydrates that take time and energy to breakdown) and both soluble and insoluble fiber. Oats also have more protein than most grains, are gluten-free, and are the only source of avenathramides, a

metabolite only found in oats that reduces inflammation and is particularly noted for reducing arterial inflammation and supporting heart health.

2. Soaking oats overnight, which really means soaking them for at least 12 hours makes the oats easier to digest, improves oat nutrient absorption by your body, and retains the prebiotic (gut bacteria feeding) properties of resistant starches in the oats.

3. Soaking oats in water makes those soaked oats exceptionally versatile, meaning they can be used for both sweeter and savory dishes. I usually keep a container of them, as shown in these directions, in my refrigerator good to go whether I want them for breakfast, lunch or dinner.

Preparation Time: 1-2 minutes active time + 12 - 24 hours soaking time

Needed

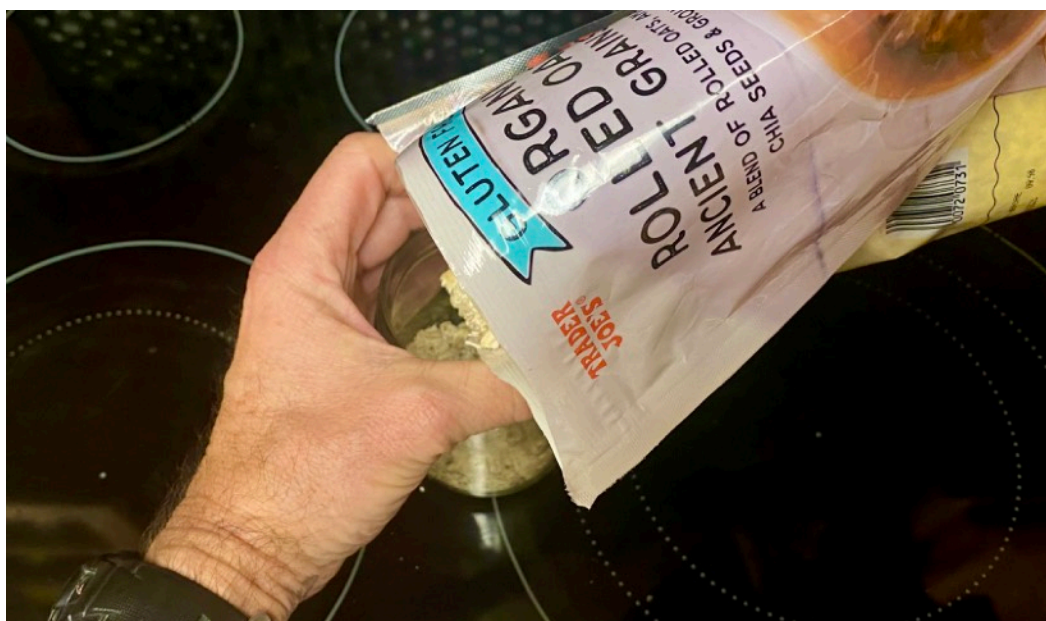
Rolled Oats

Water

Jar with Top



1. Fill a jar mostly full with **rolled oats**.



2. Fill the jar to the top with **water**.



3. Cover with the jar top and...



...refrigerate for at least 12 hours before using them.



4. **Water-soaked oats** will stay fresh in the refrigerator for at least a week.

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