APPLE CIDER STEEL CUT OATS

Cynthia Lobe

I contributed this recipe to Bob’s Red Mill recipe site. I am officially published. I also told my nephew Adam about the recipe, and he shared it with his listeners on his radio show in Springhill Louisiana. They got a lot of great feedback. Ego Stroke!  
This dish has a nice little “Pop” of texture when you chew it. I originally used cream as a topping, but one day I tried Greek Honey Yogurt. I like it even better. Bob’s group altered the original to use evaporated Cane Juice as a topping, and Cider in the liquid. The original recipe is given.

3 Cups Unsweetened Natural Apple Juice. (We pressed our own on Cousin Lisa’s Press)

1 Cup Steel Cut Oats

1/4 TSP Sea Salt

1/3 Cup Chopped Dried Apples (fresh is ok)

2TBSP each of Raisins and Chopped Walnuts

Bring the Apple Cider and Salt to a boil.

Add the Oats and the Diced Apples. Reduce heat and cook 15 to 20 minutes, depending on how chewy you like your cereal. Stir occasionally. When done, add the Walnut Pieces and Raisins to the pot, cover and let stand a couple of minutes. Serve with Raw Sugar, Cream or Greek Honey Yogurt. Makes four servings.