

Steel Cut Oats



Prep:

5 minutes

Total:

40 minutes

Makes:

3 servings

Utensil:

Saladmaster Food Processor

9" Small Skillet with Cover

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Recipe:

Contributed By:

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Recipe Description:

What a delicious beginning to the day this healthy, hearty breakfast makes! Steel cut oats are less processed than regular oats and have more fiber, protein and nutrients.

¼ cup
pecans, chopped

(27
g)

1 banana, sliced, use Cone #4

Directions:

1. Combine oats and water in skillet and cover. Turn temperature to medium heat.
2. When Vapo-Valve™ clicks, reduce heat to medium-low and simmer for 35 minutes.
3. Stir in banana and pecans. Serve warm.

Nutritional Information per

▼ Serving

Calories: 324

Total Fat: 11g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 8mg

Total 49g

Carbs:

Dietary Fiber: 9g
Sugar: 5g
Protein: 11g
