

Steel Cut Oats

Number of Servings: 4

Cook Time: 15 minutes

Ingredients

1 cup gluten free steel cut oats

1 Tbsp buckwheat grouts

2 cups water

Next morning

pinch of salt

banana

maple sugar

fresh milk

Instructions

In the pot, put the steel cut oats, buckwheat and water. Let soak over night.

In the morning add a pinch of salt and put on porridge setting but lower to 15 minutes. Soaked porridge cooks faster.

You can even put the timer on the porridge to be ready when you wake up. Add a pinch of salt and stir before serving.

Nice with sliced banana and maple sugar.