

Homemade Oats 101

The following recipes and photography were provided by Barrington Illinois resident John Kelley and were originally published at 365Barrington.com.

How to Prepare Steel-Cut Oats

Serves 3-4

1. Choose your preferred steel-cut oats. I prefer Bob's Red Mill Organic Steel-Cut Oats.
2. Add 3 cups water to 1 cup oats and simmer 15-20 minutes.
3. **I recommend one modification:** Start by toasting your oats. Heat your pot over a medium flame, add the oats and stir for a few minutes until they get toasty and aromatic. Use a tablespoon of butter for richer flavor. Feel free to add cinnamon or your spice of choice—nutmeg, cardamom, and Chinese five-spice are all great. Once toasted, carefully add hot water from your kettle and cook as instructed. For extra protein, add a quarter cup of rinsed quinoa.



How to Serve Your Steel-Cut Oats

Adjust Toppings to Taste

- Oats | Blueberries | Cinnamon | Allspice | Warm Milk | Maple Syrup
- Oats | Banana | Plain Yogurt | Honey | Chia Seeds | Chopped Almonds
- Oats | Farro | Toasted Walnuts | Ricotta Cheese | Prunes Simmered in Maple Syrup
- Oats | Almond Butter | Banana | Toasted Coconut | Pumpkin Seeds | Yogurt
- Oats | Butter | Salt and Pepper | Scrambled Eggs on the Side
- Oats | Poached or Hard-Boiled Egg | Steamed Kale | Avocado | Toasted Sesame Seeds | Broth of Mirin, Soy, and Sesame Oil

How to Make Homemade Cereal

Ingredients

- 3 1/2 cups rolled oats
- 1/2 cup chopped nuts and/or seeds of choice
- 1/2 cup dried fruit of choice
- 1/4 cup unsweetened shredded coconut
- 1 tsp. cinnamon or other spice
- Pinch of salt

Instructions

1. Store in a mason jar in the fridge, serve with milk and berries.