

# Hearty Apple-Cinnamon Steel Cut Oatmeal



*Prep Time: 10 minutes / Cook Time: 35 minutes  
Serving Size: 1 cup / Number of Servings: 10*

## Ingredients

- 2 Tablespoons butter
- 2 cups steel cut oats (I prefer Bob's Red Mill)
- 8 cups water
- 2 large pinches of salt
- 2 Tablespoons cinnamon
- 4 apples, cored and diced into 1" cubes (I prefer Pink Lady)
- Sweetener of your choice, to taste (honey, brown sugar, or maple syrup)
- Toppings of your choice (walnuts, granola, dried raisins, etc.)

## **Directions**

1. In a large Dutch Oven, melt butter over medium-high heat
2. Add oats and stir, lightly roast the oats until they become fragrant - about 3 minutes
3. Stir in water and salt, bring to a light boil
4. Reduce heat to medium-low and simmer for 30 minutes or until the water is completely absorbed, stir regularly. Adjust the heat as needed, you want to be careful not to burn the oats to the bottom of the pot.
5. After 30 minutes mix in cinnamon and reduce heat to low
6. Add apple chunks and simmer for 5 more minutes
7. Stir in your sweetener of choice one Tablespoon at a time until it tastes to your liking
8. Toss in remaining toppings, mix well and either spoon the oatmeal into individual bowls to serve immediately or store it in an air-tight container in the refrigerator for later. Keeps for up to a week.

## **To Reheat**

Add a tablespoon of water to your oatmeal and microwave in 30 second intervals, stirring in between. Continue until warmed through. Enjoy.