

Steel Cut Oats



Ingredients:

2 cups water

1/2 cup steel cut oats

1 apple, diced

1/2 cup raisins

1 tablespoon ground flax seeds

1 teaspoon cinnamon

Optional: may add 1 teaspoon vanilla, 1/2 teaspoon cardamom, 1/4 teaspoon cloves, and 1/4 teaspoon nutmeg for a chai flavor, or any other fruit desired.

Bring water to a boil, stir in ingredients, and simmer while stirring 15 minutes, or until done.