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## Steel-Cut Oatmeal

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Prep Time	Cook Time	Total Time	Servings
15 min	20 min	35 min	4 (1-cup each)

### Ingredients

- 1 medium apple, chopped
- 1/2 cup raisins
- 1 cup steel-cut oats
- 3 cups water
- 1 cup soy milk, unsweetened
- 1 medium ripe banana, mashed
- 1/2 teaspoon ground Ceylon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 tablespoon peanut butter

### Instructions

1. In a medium non-stick saucepan, combine the water, soy milk, salt and spices and bring the mixture to a simmer over medium heat.
2. In the meantime toast the oats in a 12-inch skillet over medium heat.
3. Stir the oats, mashed banana and chopped apple into the simmering liquid. Reduce the heat, adjusting to maintain a gentle simmer. Cook for about 20 minutes, stirring occasionally, until the mixture is thick.

### Bonus Tips

- If using a slow cooker, cook on low for 6 hours or on high for 4 hours, also stirring occasionally.
- Serve garnished with a couple tablespoons of dried cranberries.

### Nutrition Facts

4 servings per container

**Serving size** **1 cup**  
**(385g)**

Amount per serving

**Calories** **340**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

**Cholesterol** 0mg **0%**

**Sodium** 200mg **9%**

**Total Carbohydrate** **24%**  
 65g

Dietary Fiber 7g **25%**

Total Sugars 32g

Incl. 0g Added Sugars **0%**

**Protein** 9g

Vitamin D 2mcg **10%**

Calcium 186mg **15%**

Iron 2mg **10%**

Potassium 549mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.

### Check it Out

- Whole foods, plant based
- Corn free
- No added sugar