



Strength in Plants *By Kate Murray*

Worth the wait

Steel-cut oats are a cold-weather comfort food you can count on

LONG AFTER those dog days of summer have passed, when the days are shorter and we wake up to darkness, something deep within my soul craves a warm and sumptuous bowl of an often forgotten grain: steel-cut oats.

It typically takes a back seat to its quick-cooking counterpart, instant oatmeal, but you can easily introduce this grain as a new version of everyone's favorite weekend breakfast regimen. Steel-cut oats cook on the stovetop just like rice, in about 20 minutes.

It's been said that oats are warming in nature. In fact, as



they cook, their thickness and nourishing qualities increase. Oatmeal contains fiber, which helps you feel full longer because it doesn't break down

Steel-cut oatmeal mixed with fresh berries is a high-fiber breakfast that will fill you up and help rid your body of elements it doesn't need.

SPECIAL TO THE READING EAGLE: KATE MURRAY

during digestion. Instead, it gets swept through the intestinal tract, binding with elements that our bodies don't need.

Berries contain fiber, too, in

addition to their antioxidant properties, which is why this combination is a powerfully healing and filling breakfast.

In this recipe, I pair steel-cut oats with fresh berries and a drizzle of pure maple syrup. For a fall harvest variation, try it with sliced apples, pears and walnuts.

INGREDIENTS

- Steel-cut oats
- Water or unsweetened almond milk
- Fresh fruit of choice
- Maple syrup

PREPARATION: Boil water, then add the oats according to package directions (usually 2-to-1, water to grain). Simmer on low heat for 20 minutes. While the oats simmer, wash and chop your fruit, make coffee and give your kids a hug. Twenty minutes really does go by more quickly than you'd think. ☺

Kate Murray is certified in plant-based nutrition and the author of "A Silent Cure in My Back Yard." Find more recipes at: astilencure.org.



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