

## **Toasted Steel Cut Oatmeal**

- 1 c [steel cut oats](#)
- 3 c water
- 1 c 1% milk
- 1 t - 1 T unsalted butter (follow your diet conscience)
- 1/4 t sea salt

### **Toasted Steel Cut Oatmeal - Garnish per portion**

- 10 grape tomatoes, cut in half
- 1 T grated parmesan

Heat the water and milk to a simmer in a pot, on medium heat. Melt the butter in a frying pan, over medium heat. Add the oats to the butter, and stir for 2 minutes to toast. Add the oats to the heated milk, and cook on medium-low for about 30 minutes, stirring and adding the salt at half time. Allow the oatmeal to set for 5 minutes before serving. Garnish to your taste. Serves 4.

The ungarnished oatmeal can stay in the refrigerator and get reheated as required. Add a little water, then heat in the microwave on power 7, stirring to get an even texture.