

Apple-Cinnamon Steel-Cut Oats

By Dustin Arnold

Slow-cooked steel-cut oats with grated apple, cinnamon, and toasted walnuts. Hearty, naturally sweet, no refined sugar.

breakfast

vegetarian

whole grain

make ahead

PREP	COOK	TOTAL	SERVINGS
5 min	25 min	30 min	4

Ingredients

- **1 cup** organic steel-cut oats
- **3 cups** filtered water
- **1 cup** whole milk or oat milk
- **1** organic apple (grated, skin on)
- **1 tsp** ground cinnamon
- **1/4 tsp** fine sea salt
- **1/3 cup** raw walnuts (chopped, toasted)
- **2 tbsp** raw honey or maple syrup (to taste)

Instructions

1. Toast the walnuts in a dry skillet over medium heat for 3–4 minutes until fragrant. Set aside.
2. In a heavy saucepan, combine oats, water, milk, grated apple, cinnamon, and salt. Bring to a boil over medium-high heat, then reduce to a low simmer.
3. Cook uncovered, stirring occasionally, for 20–25 minutes until the oats are tender and the porridge has thickened.
4. Remove from heat and let stand 5 minutes — it will thicken more as it sits.
5. Divide into bowls. Top each with a drizzle of honey or maple syrup and a generous spoonful of toasted walnuts.

****Make ahead:**** Cook a double batch and refrigerate for up to 5 days. Reheat with a splash of milk.