

Steele Cut Oats

To prepare:

1/2 c. of steele cut oats

Add 1/2 c. hot water or just until grain is covered

Let stand 10-20 min. until the grains are soft.

If using cold water, let it soak 20 min.

Toppings: Add dried fruit chunks, agave syrup, or just eat plain.

Steele cut oats is the whole oat groats that have been cut a certain way. Being a whole food, they have a lower glycemic index than rolled oats or quick oats, and when made with hot or cold water, its considered a live food. Find it health food stores and in the bulk section.

Low Glycemic

Holly Stokes, "The Brain Trainer," Wellness Coach:

www.Lightenup.me