Oatmeal 9 Ways

Lately it’s been a challenge to get my daughter to eat something for breakfast that isn’t completely loaded with sugar or sustenance, so this Oatmeal 9 Ways should help spur some interest. While fruit by itself is great, it’s not enough to sustain a day of running around. In fact, this goes further then just feeding my daughter it’s also for myself. I do a really poor job of eating in the mornings so with this Oatmeal 9 Ways I wanted to have plenty of options for myself as well as give you a few ideas to marinate on.

It all starts with the oatmeal so instead of traditional rolled oats, which are great, I wanted something a little grainier and meatier so I went with Bob’s Red Mill Steel Cut Oats. In short they’re the best and I think they even won an award in 2015 for the best steel cut oats, so there ya have it! To cook you simply boil water and then mix in the oats, turn down the heat and occasionally stir for 20 to 25 minutes. From there, salt it and butter it and you’re good! If you want to make overnight oats simply put a lid on the pot right after they are done cooking, no need to salt and butter, and leave it on the stove until the morning. Once you wake up turn the heat up and add in the salt and butter.

Believe it or not I actually had a few more I wanted to fit in there but the image size wouldn’t allow to sneak more in. The 1 that didn’t make the cut, but was still fabulous was almond butter, sliced bananas and coconut shreds. If you can’t find 1 out of these Oatmeal 9 Ways

Then I don’t know what to tell you. So here they are

* Trail Mix Oatmeal
* Pecan Pie Oatmeal
* Maple-Bacon Oatmeal
* Greek Yogurt and Orange Chia Seed Oatmeal
* Coffee with Cream and Sugar Oatmeal
* Poached Egg and Greens Oatmeal
* Walnut and Pumpkin Oatmeal
* Apple and Raisin Cinnamon Oatmeal
* Loaded Fruit Diet Oatmeal

Recipes:

**Trail Mix Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 2 tablespoons of roasted and salted almonds
* 2 tablespoons of pistacios
* 2 tablespoons of currants
* 2 tablespoons of dried cherries
* 2 tablespoons of semi-sweet chocolate chips

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Top off with a mix dried fruit, nuts and chocolate chips.

**Pecan Pie Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* leftover cooked pie crust broken into small pieces
* 4 tablespoons of roughly chopped pecans
* 1 tablespoon of molasses

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Top off with a pie crust pieces, pecans and molasses.

**Maple Bacon Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 4 chopped slices of cooked crisp bacon
* 2 tablespoons of maple syrup

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Top off with chopped bacon and maple syrup

**Greek Yogurt and Orange Chia Seed Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 4 tablespoon of Greek yogurt
* 1 tablespoon of chia seeds
* 2 tablespoons of honey
* zest of 1 orange

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Top off with yogurt, chia seeds, honey and orange

**Coffee with Cream and Sugar Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* ½ teaspoon of fine espresso grounds
* 4 tablespoons of heavy whipping cream
* 2 tablespoons of sugar in the raw

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Mix in the coffee once it’s done and top off with cream and sugar.

**Poached Egg and Greens Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 4 leaves of swiss chard
* 1 teaspoon of olive oil
* 3 poached eggs to desired amount of doneness
* grated parmesan cheese
* Kosher salt and fresh cracked pepper to taste

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. In a hot saute pan with olive oil, wilt the swiss chard and season with salt and pepper and keep warm.
4. Top the oatmeal off with wilted swiss chard, parmesan cheese and a poached egg seasoned with salt and pepper.

**Walnut and Pumpkin Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 3 tablespoons of canned pumpkin
* 2 tablespoons of brown sugar
* 2 tablespoons of pepitas
* 2 tablespoons of walnuts

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Mix in the pumpkin once it’s done and top off with brown sugar, pepitas and walnuts.

**Apple and Raisin Cinnamon Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 2 teaspoons of cinnamon
* 1 small diced apple, honey crisp or golden delicious
* 2 tablespoons of raisins

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Top off with cinnamon, apples and raisins.

**Loaded Fruit Diet Oatmeal**

* ½ cup of Steel Cut Oats
* 1 ½ cups of water
* Kosher salt to taste
* 1 tablespoon of unsalted butter
* 1 orange cut into supremes
* 1 grapefruit cut into supremes
* 1 peeled kiwi sliced into wedges
* 3 tablespoons of pomegranate seeds

***Serves 2 to 3***

***Procedures:***

1. Bring the water to a boil in a medium size pot and mix in the steel cut oats. Turn the heat to low and occasionally stir for 20 to 25 minutes or until the oats are al dente and the water is absorbed.
2. Next, stir in the salt and butter until mixed in.
3. Top off with orange supremes, grapefruit supremes, kiwi wedges and pomegranate seeds.