



# MAPLE SYRUP IS MY FAVORITE 3 INGREDIENT OATMEAL

(V, GF, DF)

## INGREDIENTS

- 3/4 cups steel cut oats (I used Whole Food's 365 Everyday Value Organic Steel Cut Oats OR you could use gluten free oatmeal-see the Tips and Tricks section for the recipe variation)
- 3 cups unsweetened almond milk (or milk of your choice)
- 1/4 cup maple syrup (I used Costco Kirkland Signature Organic Maple Syrup)
- Optional: dash of cinnamon

## DIRECTIONS

### How-to:

1. *Bring the milk to a boil in a medium saucepan*
2. *Stir in the oatmeal and reduce the heat to medium-low.*
3. *Simmer uncovered for 20-25 minutes or until oats are soft. Stir often while cooking.*
4. *After oats are finished cooking, remove from heat and stir in maple syrup.*
5. *Add the optional dash of cinnamon to the top of the oatmeal, serve and enjoy!*

### Tips and Tricks:

- *If using a quick cooking gluten-free oatmeal (like Bob's Red Mill Quick Cooking Rolled Oats): Follow the same recipe how-to but with these ingredients for 4 servings- 2 cups oats, 4 cups almond milk, 1/4-1/2 cup maple syrup (depending on how sweet you want it to be). For only 2 servings of the quick cooking oats use these ingredients: 1 cup quick cooking oats, 2 cups almond milk, 1/4 cup (or less) maple syrup.*
- *An optional serving tip: top with a tiny bit more maple syrup and a dash of cinnamon.*
- *Reduce the amount of maple syrup if you don't want it quite as sweet.*
- *Replace the milk with water. The results won't quite be as creamy, but it will cut down the calorie content slightly.*

**PREP TIME: 0 MIN**

**COOK TIME: 25 MIN**

**TOTAL TIME: 25 MIN**

**RECIPE BY: CAROLYN J. BRADEN**

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