



Golden Grains

★★★★★

Breakfast, Dinner

Prep Time: 7 minutes **Cook Time:** 15 minutes **Difficulty:** Easy **Servings:** 6-8 servings **Source:** simplynutritious.net

INGREDIENTS

- 4 cups water
- 2 cups steel-cut oats (Irish oats/Scotch oats/pinheads)
- 1 Tbsp powdered ginger
- 1 Tbsp powdered turmeric
- 1/2-1 tsp powdered coriander
- 1/2-1 tsp powdered nutmeg
- 1/8 tsp fresh ground black pepper
- (optional: raisins)

DIRECTIONS

Combine ingredients in a medium saucepan. After bringing to a boil, turn to low and simmer covered for 15-20 minutes.

Next stir in raisins, if using, and let sit covered for a few minutes. Ta Da!

I enjoy Golden Grains with banana, berries (seasonal fruit), a tablespoon ground flax seed, 1-2 walnuts, and some almond, hemp, or hazelnut milk.

NOTES

Substitute 3 Tbsp each fresh chopped ginger and turmeric, and 1 tsp grated nutmeg. These are the LIVELY BEST!

You can substitute 1 cup buckwheat (not toasted), 1/2 cup steel-cut oats, and 1/2 cup amaranth for the 2 cups of steel-cut oats for a welcomed variation.

Double the recipe. Refrigerate after cooked and cooled to create a 'convenient' breakfast ready to eat cold or warm in the morning.

NUTRITION

Oats are a fantastic FIBER source that our good gut bacteria tremendously enjoy.

These anti-inflammatory spices are immune supportive and superior antioxidants, besides being divinely scrumptious!

The black pepper increases the beneficial effects of the turmeric 2,000-fold.

Once you make breakfast grains this way, you may never make them plain again. = }