



Delicious Whole-Grain Oatmeal

Traditional oatmeal (with rolled oats) has less than half the nutritional benefits that this oatmeal does. Steel-cut oats are readily found—a good brand is McCann's Irish Oats—and other delicious whole grains, like amaranth, millet, and quinoa and worth tracking down in health food stores. Add any combination of fruit and nuts that you like. This one is with apples and blueberries, but there are infinite combinations.

Anticancer Phytonutrients Found in this recipe.....

Quercetin, Ellagic Acid, Lignans, Phenolic Acid, Oligosaccharides, and Saponins

Medicinal Benefits of this recipe....

Beneficial for constipation and weight loss. Scientific studies have found oatmeal to help decrease cholesterol and lipid profiles as well as help control blood sugars in individuals with diabetes

Ingredients

½ cup steel-cut oats
½ cup either whole amaranth, millet or quinoa (or a mix)
3 cups water, plus more if needed
small pinch of salt
about ¼ cup real maple syrup, preferably grade B
1 apple, peeled and cut in ½-inch dice
a couple of handfuls of fresh blueberries
some whole walnuts, almonds or brasil nuts, roughly chopped
¼ cup flax meal

Procedure

1. First, soak the grains together in 3 cups of water for 6-8 hours or overnight, in the refrigerator.
2. Then: put the grains and their soaking water in a small-medium sized pot with a pinch of salt. Bring to a boil and reduce to a simmer.
3. After five minutes of cooking, add the apple pieces.
4. Simmer, stirring frequently, for another 20 minutes or until the grains are soft and creamy but still have a bit of texture. This is not precise—cook it shorter for chewier oatmeal or longer for softer oatmeal. If the water dries up before the grains are done, add more in small increments.
5. When you achieve desired consistency, stir in blueberries, walnuts and maple syrup. Adjust it to the sweetness you like. Cook for another two minutes to get the blueberries all melty and serve up hot!

Note: While this is certainly creamy enough to eat without the addition of dairy, you can also add a bit of whole milk or whole milk yogurt to it at the end if you like.

Basic Nutrition Profile for One Serving (1/2 cup):

Kcal	201 kcal
Protein	6 grams
Carbohydrate	28 grams
Fat	8 grams
Saturated Fat	0 grams
Monounsaturated Fat	1 grams
Polyunsaturated Fat	5 grams
Fiber	5 grams

This recipe is a great source of.....

Potassium	225 milligrams
Magnesium	81 milligrams
Calcium	41 milligrams
Folate	36 micrograms