

## Cinnamon Apple Steel Cut Oats

Yield: 4-6 servings (about 1 quart of cooked oatmeal)

### Ingredients:

3 cups water  
1 cup milk (I use skim milk.)  
1 tablespoon unsalted butter  
1 cup steel-cut oats  
¼ teaspoon salt  
¼ teaspoon ground cinnamon  
1 cup apple, peeled, cored and grated  
⅓ cup raisins (optional)  
¼ cup maple syrup

### Directions:

Combine the water and milk in a medium saucepan. Bring to a simmer. Meanwhile, melt the butter in a 10- or 12-inch skillet over medium heat. Add the oats and toast, stirring occasionally, until golden and fragrant, about 2 minutes.

Stir the toasted oats into the simmering liquid. Reduce the heat to medium-low and simmer gently until the mixture begins to thicken, about 20 minutes. Stir in the salt, cinnamon, apple, raisins (if using) and maple syrup. Continue to simmer, stirring occasionally, until all of the liquid has been absorbed and the oatmeal is creamy and thick, about 10 minutes more.

Remove from the heat and let stand 5 minutes before serving. Refrigerate any leftovers for reheating throughout the week.

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