

# Steel Cut Oats with Jammy Blueberries

6 ingredients · 20 minutes · 2 servings



## Directions

1. Add the oats, coconut milk, water, and sea salt to a saucepan and bring to a boil. Reduce to a simmer and cook for 13 to 15 minutes, depending on how crunchy you like your oats. When everything starts to thicken, add the maple syrup.
2. While the oats are cooking, add the blueberries to a small saucepan and cook over medium heat for 10 to 12 minutes.
3. To serve, divide the oats and blueberry compote evenly between bowls. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

### Additional Toppings

Add chia seeds, hemp seeds, and maple syrup.

## Ingredients

**1/2 cup** Steel Cut Oats (uncooked)

**1 cup** Plain Coconut Milk (unsweetened from the carton)

**1 cup** Water

**1/4 tsp** Sea Salt

**2 tbsps** Maple Syrup

**1 cup** Frozen Blueberries

## Nutrition

Amount per serving

<b>Calories</b>	301	Vitamin D	50IU
<b>Fat</b>	7g	Vitamin E	0mg
<b>Carbs</b>	57g	Vitamin K	13µg
Fiber	6g	Thiamine	0mg
Sugar	23g	Riboflavin	0.3mg
<b>Protein</b>	4g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	319mg	Folate	5µg
Potassium	267mg	Vitamin B12	1.5µg
Vitamin A	285IU	Phosphorous	9mg
Vitamin C	2mg	Magnesium	10mg
Calcium	278mg	Zinc	0mg
Iron	1mg	Selenium	0µg