

Ruth's Recipes



This recipe can be vegan substitute a vegan butter substitute or coconut oil for the butter (don't leave out the fat because it tenderizes the grains). Oatmeal is naturally gluten free. Serves 8 or more.

Please note – I do not add milk to my recipe. Here's why. Milk has a shorter shelf life than the cooked oatmeal. Not everyone tolerates dairy products (including me).

Oatmeal keeps beautifully – about 2 weeks in the fridge – longer in the freezer.

MAPLE OATMEAL



Essential Ingredients

- 2 cup of steel cut oats
- 8 cups of water
- 2 cups of old fashioned rolled Oats
- Butter
- Maple Syrup
- Cinnamon stick
- Salt

[Do you make this dish, if so email us!](#)

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RECIPES NOTES:

