



Ingredients

- ✓ 1 cup water
- ✓ 1/2 cup Bob's Red Mill GF oats*
- ✓ 2 tablespoons slivered almonds
- ✓ 2 teaspoons brown sugar
- ✓ 1 teaspoon (at least) cinnamon
- ✓ Optional: frozen blueberries

Hearty Oatmeal and Frozen Blueberries

Don't laugh, but I'm going to give you the oatmeal recipe I've made for breakfast every day for several weeks. It is hearty and delicious, keeps me full for hours, and is so easy to make. And if you're anything like me and have texture issues, especially with soft and gooey stuff, be prepared. This solves it!

Directions

1. Bring the water to a boil
2. Add the oats, and stir vigorously
3. Continue stirring for at least 8 minutes, making sure to turn over the bottom so it doesn't stick
4. Turn off the heat and allow to sit for one minute
5. Add sugar, almonds, and cinnamon to a bowl
6. Add oatmeal, stir, and devour

And for a special treat, frozen blueberries make the meal. I wash them, then let them dry on a cookie sheet, then put about 1/2 cup into snack bags and freeze. One large carton of blueberries makes about 6 bags, perfect for breakfast or a morning snack.

**And here's the trick to solve the texture problem: I combine the steel cut with the hearty rolled oats. The steel cut keeps the rolled oats from getting slimy. I don't know why or how, but trust me, it works!*