

Plain Oat Cooking Instructions

1 cup Whole Oat Groats
3 cups Water
1/4 tsp Sea Salt

Bring 1 cup oat groats, 3 cups water and 1/4 tsp salt to a boil. Cover, turn heat down and simmer for 50 to 60 minutes. Remove from heat and let stand for 10 minutes. Makes four servings.

For breakfast – top with brown sugar, butter and cinnamon or mix in chopped apples and cinnamon or top with any fruit of your choice.

For other dishes – use in place of brown rice in pilaf or use with beans as a meat alternative. You may also make hullless oats in a rice cooker, pressure cooker or a crock pot (with extra water).