

High Protein Steel Cut Oats and Peanut Butter Mix

Makes 1 quart jar of base or 20 servings

Ingredients

3 cups steel cut oats
3/4 cup peanut butter powder
1 1/2 TB cinnamon
2 TB Monkfruit sweetener
3/4 teaspoon salt

High Protein Option: Make whey milk to pour over bowl of oats:

1 TB whey protein powder
2 TB water

To make:

One serving in Instant Pot: 3 TB base with 5 TB water in an instant pot safe bowl. Put 1/2 cup water and trivet instant pot. Place bowl on trivet. Pressure cook for 4 minutes. Allow natural release for 10 minutes before releasing pressure. Simply mix 1 TB whey protein powder with 2 TB water and pour over bowl of cooked oats.

Make ahead 4 servings on the Stove Top: Bring 1 cup water to boil. Add 2/3 cup base. Stir well. Reduce heat and simmer gently for 20 minutes. Turn off heat and allow cooking for 5-10 minutes to reach consistency to your liking. Stir in 1 1/2 TB protein powder with flax meal and chia seeds for each serving.

Make ahead 4 servings in slow cooker or thermal cooker: Combine 1 cup water with 2/3 cup base mix. Cook on low for 7-8 hours or overnight. In thermal cooker, bring to boil for 5 minutes then place in thermal cooker overnight. Divide into 4 equal portions.

Storage: Overnight steel cut oats can be refrigerated for up to 1 week or frozen for up to 2 months. To reheat, top desired amount with a few tablespoons of water or milk, then warm in the microwave or in a small saucepan until hot. If the oatmeal is frozen, let thaw overnight in the refrigerator first.