AMERICAN · BREAKFAST

Apple Cinnamon Steel-Cut Oatmeal with Pecans

35 min · Serves 2 · 362 kcal a serve · Video 4:41 · Maple Jubilee

Vegetarian

Steel-cut oats, apple and pecans give about 8 g of fibre a bowl, and the fortified almond milk makes it a good source of calcium and vitamin E. About 9 g of added sugar a serve.

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Ingredients 10 · SERVES 2

- [ ] 1 **apple** (or 2 small), washed and chopped, skin on
- [ ] 1 tbsp **butter**
- [ ] 1 tbsp **maple syrup**, for the apples
- [ ] ½ tsp **ground cinnamon**, plus a pinch to finish
- [ ] ½ cup **steel-cut oats**
- [ ] 1 cup **water**
- [ ] 1¼ cups **almond milk**
- [ ] ¼ tsp **sea salt**
- [ ] ½ tbsp **brown sugar**, stirred into the oats
- [ ] chopped **pecans**, to top (about 2 tbsp; amount not given)

Allergens found in the listed ingredients: Gluten, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt the butter in a small saucepan. Add the chopped apple, maple syrup and cinnamon and cook over medium-low heat for 5–10 minutes, until the apple is tender but still a little firm. Tip into a bowl. 0:50
2. In the same pan, add the steel-cut oats, water, almond milk and salt, scraping up any caramelised bits from the bottom. Bring to a boil. 2:20
3. Turn the heat down to medium-low and simmer for 20–25 minutes, stirring every few minutes. Add a splash more milk near the end if it starts to look dry. 2:55
4. Stir in the brown sugar and some of the cinnamon apples and cook a few minutes more. 3:28
5. Spoon into bowls and top with the rest of the apples, the chopped pecans and a pinch more cinnamon. 3:56

> **Tip** The written recipe has ½ tbsp sugar in the oats (Marsha adds 1 tbsp on camera). Swap the sugar for maple syrup, or use milk instead of almond milk. Keeps 3 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
362 kcal	7.2 g	52 g	7.9 g	16 g	400 mg
1,520 kJ	14% of a day	44 g net · 19 g sugars	28% of a day	4.5 g saturated	18% of a day
		19% of a day		20% of a day	

Energy from net carbs 51% · protein 8% · fat 41%

High in (20%+ of a day) Vitamin E 32% · Calcium 25% · Selenium 22%

Source of (10–19%) Magnesium 19% · Zinc 19% · Iron 14% · Omega-3 11%

Recipe and video: Maple Jubilee (@maplejubilee) on YouTube — youtube.com/watch?v=VawWlgtliyo, published 4 October 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/apple-cinnamon-steel-cut-oatmeal