



The Geneva School

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## STEEL CUT OATS

Today students in grades 1-6 had a chance to taste steel cut oatmeal with a variety of tasty



toppings.

Steel cut oats are the whole grain inner portion of the oat kernel that has been cut into 2-3 pieces using a steel disc.

Golden in color and appearing like rice, they look different from rolled oats which have been steamed and rolled to flatten them. They have a chewier texture and nuttier flavor. Due to the minimal processing involved, steel cut oats take a little longer to cook than rolled or instant oatmeal, although pre-soaking the oats overnight will reduce the cooking time by 5-10 min.

Oats are a nutrient-packed food. High in soluble fiber, oats help reduce cholesterol levels and help prevent heart disease, high blood pressure, and Type 2 diabetes. 1 cup of oatmeal contains 4-5 grams of fiber. Oats are also high in B vitamins, calcium, iron, and magnesium. A serving of oats also contains 5 grams of protein, making it a great breakfast choice. Oats are a good grain choice for those who are gluten-free.

Whether you choose to eat steel cut or rolled oats, it is best to avoid the "instant oatmeal" which is individually packaged and mixed with a lot of sugar, salt, and artificial flavors. Simple to make, get your kids involved in making a healthy, wholesome breakfast of oatmeal at home with your family!

### Steel Cut Oatmeal

4 cups water (you can substitute milk, if desired)

1 cup steel cut oats

Optional toppings:

Raisins

Dried cranberries

Brown sugar

Maple syrup

Milk

Chopped bananas and apples

Berries

- Bring water (or milk) to a boil in a medium saucepan
- Stir in oats and reduce heat to low
- Simmer uncovered over low heat, stirring occasionally for 25-30 minutes or until oats are of desired texture
- Serve in bowls and add toppings

Serves 4

Tasty Friday is funded by a grant from the Winter Park Health Foundation. Thank you to parent volunteers for partnering with TGS Nurse's Clinic to make today's event a success.

