



Oatmeal with Blueberries, Bourbon and Pecans

Steel-cut overnight oats are a healthy, delicious and filling breakfast choice. Making them overnight style is just one way to cut down on time spent in the kitchen for those busy mornings. Simply add a little bit of water, milk or non-dairy milk substitute and re-heat on the stove or in the microwave. This recipe makes approximately four servings. These overnight oats last around 6 days. Make on Sunday with your weekly meal prep!

Ingredients:

1 cup of Steel Cut Oats
4 cups of water
1 pinch of Sea Salt
1 jar Terrapin Ridge Farms Blueberry Bourbon Pecan Jam

Directions:

In a saucepan pour water and pinch of salt. Bring to a boil. Add in the steel cut oats. After approximately 2 minutes reduce to a simmer. Let the oats sit in simmer heat for 10-20 minutes. Continue stirring while they cook. Remove from the heat, cover and let the oats sit overnight in room temperature. In the morning simply heat the sauce pan up or splash oats with a little water, milk or non-dairy milk substitute. Now for the best part! On top of heated or room temperature oats add 1-2 tablespoons of our Blueberry Bourbon Pecan Jam. Prepare your mouth for the best oatmeal EVER!