

Oatmeal



Serves 4

Ingredients



1 cup rolled oats



2 cups filtered warm water



butter



2 tablespoons kefir (page 41), whey (page 44), buttermilk (page 56) or yogurt

¼ teaspoon sea salt (optional)



Tools



bowl



spoon



pot

Use old-fashioned rolled oats, not quick cooking or instant, or better yet, grind your own from whole oat groats. Grind 2/3 cup oat groats to make 1 cup ground oats.

1. Put the rolled oats in a bowl. Add 1 cup warm water and the cultured milk. Mix together with a spoon. Cover the bowl with a towel or plate and leave in a warm place for 8 - 24 hours.

2. Transfer the oats to a pot. Add 1 cup water and the optional salt and mix together.

3. Put the pot on the stove over high heat until the oatmeal comes to a boil. Then cover the pot with a lid and turn the heat down to the lowest setting. Cook for 2-3 minutes.

4. To make the oatmeal thicker, leave it in the pot for about a half hour before serving. Serve with lots of butter and a natural

sweetener, like raw honey, maple syrup, apricot butter (page 134) or sliced banana.

Sourdough Oatmeal

Use 2 tablespoons sourdough starter (page 162) instead of cultured milk.

Oat groats or steel-cut oats can be used instead of rolled oats. Grind oat groats in a grain mill on a coarse setting. They will take longer to cook than rolled oats. Increase the water to 3 cups and cook for 30 minutes.

