

Classic Porridge

Ingredients

- **1 cup** oat groats
- **4 ¼ cups** water
- **Pinch** of salt
- Flavorings to taste

Instructions

1. Combine oat groats and water in a slow cooker the night before. Add a pinch of salt.
2. Cook on low for 8-10 hours.
3. Add cinnamon, maple syrup, brown sugar or alternative, fresh fruit, jam, cream, or any other toppings and stir-ins you desire! (Pictured with strawberry jam and fresh-cut strawberries, which pairs perfectly with a tablespoon of heavy cream.)
4. Store leftovers in the fridge.



Alternate Instructions

1. The night before, cover oat groats with 1-2 inches of water in a large bowl. Let soak overnight.
2. In the morning, drain the groats, then combine them in a food processor blender with 2 cups of fresh water. Pulse for about 30 seconds or until the groats have broken up and resemble steel-cut oats.
3. Add mixture to a pot, add an addition 2 cups of water, and cook for 20-30 minutes, until the oats reach you desire tenderness. Top or stir in your choice of flavorings, as above.