

Easy Steel Cut Oats



INGREDIENTS

- * 1 Cup Steel Cut Oats
- * 4 Cups Water
- * Flax Seeds (optional)
- * Chia Seeds (optional)

DIRECTIONS

1. Combine ingredients into medium pot.
2. Bring to a full boil then cut the heat off.
3. Cover pot with a fitted lid. Then place on a towel in the refrigerator overnight.
4. Next morning, heat the mixture and serve. It will be cooked to perfection!

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