

Oats



Portion Control

Portion size	1/4 cup
Makes	12 portions
Makes	3 cups

Nutrition Facts

Calorie density	1.0 kcal/g (medium)
Portion Size	1/4 cup
Amounts per portion:	
Calories	63 kcal
Protein	2 g
Total Fat	1 g
Saturated fat	0 g
Total carbohydrates	12 g
Dietary Fibre	2 g
Sodium	97 mg
Calcium	6 mg

<https://fdc.nal.usda.gov/food-search>

Ingredients

- 1 cup oats
- 1/2 tsp salt
- 4 cups water
- 6 cardomom pods

Instructions

1. Rinse oat groats, soak in water with a squeeze of lemon in a covered glass container for about 12 hours.
2. Drain and rinse again, then pour soaked oat groats into a suitable pot, stir in the rest of the ingredients (water, salt and cardomom pods).
3. Bring to the boil and then simmer covered for 45 minutes, with the lid slightly open at one end. Stir occasionally.
4. Turn off heat and cover pot with a tea cosy or dishcloths. Let stand to absorb water overnight.
5. Remove cardomom pods and spoon cooked oats into a glass container for refrigerator storage.,
6. To serve, microwave in a bowl for 1 minute per portion.

Notes

Serve with berries, yoghurt, stewed fruit, nuts, seeds, or other healthy combinations for a nutritious breakfast bowl.