



SPORTS NUTRITION RECIPES



CRANBERRY/ORANGE STEEL CUT OATS

BY BREEZE BROWN, RD

WHAT YOU'LL NEED:

- 3 C water
- 1 C milk
- 1 Tbsp. unsalted butter
- 1 C steel cut oats
- ¼ tsp. salt
- Zest and juice of 1 orange
- Cranberry sauce/dried cranberries
- Optional toppings (chopped pecans or yogurt)

PUTTING IT TOGETHER:

1. In a large saucepan bring the water and milk to a simmer over med heat. In the meantime melt the butter in a 12-inch skillet. Toast the oats stirring occasionally until golden brown (about 2 min)
2. Stir the oats into the simmering water and stir occasionally until liquid is absorbed (approx. 10 min). The oats should be nice and creamy at this point.
3. Stir in the orange zest and juice. Let stand for 5 min
4. Portion into bowls and top with cranberries and your choice of toppings.