

IRISH OATMEAL WITH WALNUTS AND FIGS

Serves 4

4 cups water
1 cup steel-cut oatmeal
½ cup chopped walnuts, toasted
8 dried figs, chopped
1 tablespoon flax meal

Optional toppings

1 tablespoon Greek-Style Yogurt
1 teaspoon real maple syrup
Dash of nutmeg
Dash of cinnamon

Bring 4 cups water to a boil in a medium saucepan; add the oatmeal and reduce heat to a simmer. Cook, stirring occasionally, about 5 minutes.

Stir in the walnuts. When the oatmeal begins to thicken, add the figs. Cook to desired thickness. Just before removing from the heat, add the flax meal.

Add your choice of optional toppings prior to serving.

VARIATIONS: Substitute hazelnuts or pecans for the walnuts, or dried dates for the figs.