

5-grain oatmeal recipe

INGREDIENTS (makes oatmeal for three occasions)

WHOLE GRAINS - Select five whole grain ingredients from the following suggested grains to arrive at *3 cups of total grains*.

1 cup regular rolled oats or steel-cut oats
1 cup barley (use organic barley for a healthier choice)
1/2 cup quinoa or brown rice
1/4 cup wheat bran or oat bran
1/4 cup farro
(Feel free to substitute grains that you otherwise may have available in your pantry)

ADDITIONS (optional)

1/4 cup raisins
1 teaspoon Chia seeds
2 Tablespoons ground flax seed

SWEETENER (optional)

2 Tablespoons honey, brown sugar, maple syrup, or sweetener of your choice

TOPPING OPTIONS

Fresh fruit
Nuts
Sunflower seeds
Sesame seeds

DIRECTIONS FOR A TWO-PERSON SERVING

Mix the grains in a container.

The night before breakfast, mix 1 cup of the 5-grain cereal mix. Combine the grains with 2 3/4 cups of water. Mix well and store in the refrigerator overnight. Store the unused five-grain mixture in your pantry for a future breakfast.

In the morning, place the cereal mixture in a saucepan. Add additions (raisins, chia seeds, ground flax seed). The sweetener can be added during or after cooking. Bring to a simmer over medium heat.

Cook until creamy, about 10 minutes. Add more liquid if needed.

Add your favorite oatmeal toppings.

Slow cooker option

This 5-grain breakfast cereal doesn't take too long on the stovetop. But you can also prepare it during the evening in a slow cooker and have it ready the next morning. You might use your stove for other breakfast preparation in the morning. Or, you might want to have your breakfast ready when you wake up. If either of those scenarios rings a bell, make yourself a crock-pot breakfast by starting your 5-grain oatmeal the night before.

The slow cooker version will be softer and creamier than the chewier stovetop method.

Use the following adaptation to adjust your 5-grain oatmeal for slow cooker preparation.

Combine the grains, raisins, additions, and water in your slow cooker

Stir the ingredients

Place the cover on the cooker and set the temperature setting to low heat

Let the oatmeal cook for eight hours

Serving recommendation

Get a large bowl and scoop a healthy portion of this 5-grain oatmeal into your bowl.

Add your favorite oatmeal toppings. We prefer bananas or blueberries, sunflower seeds or walnuts.