

## Overnight Rose Steel Cut Oats



### Ingredients:

- 1 cup steel-cut oats
- 3 ½ cups water
- 1 tablespoon rose water
- 1 scoop on unflavored dissolvable protein powder (try Unjury)
- Crockpot

### Directions:

1. Program crockpot to turn on at least 3 hours prior to breakfast time. Turn crockpot to "Low" setting.
  2. Add oats, water and rose water into the crockpot. Allow to cook overnight.
  3. Stir in unflavored protein powder for a protein kick.
- Optional: Top with 1 serving of fresh fruit if desired

### Nutrition Information:

Serving size\*: ½ cup cooked oats

Servings per recipe: 6.5

Calories per serving: 240

Total fat per serving: 2.5g

Total protein per serving: 28g

Total carbohydrates per serving: 26g

### Nutritional Benefits:

Oats are a good source of soluble fiber making this dish heart healthy.

Rose water is a non- caloric flavoring agent suitable for flavoring teas, oatmeal, or desserts.

\*Serving size that is suggested for post-operative bariatric patients

Recipe Adapted from : Braddock., J. (2015). Overnight Crockpot Steel Cut Oatmeal. *Make Healthy Easy*.

Retrieved from <http://www.yummly.com/recipe/external/Overnight-Crockpot-Steel-Cut-Oatmeal-1341437>

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<http://yogabycandace.com/blog/2013/6/26/overnight-steel-cut-oats>