

# STEEL CUT OATS WITH HUCKLEBERRY HONEY

Serves 3

1 tsp. sea salt  
3 cups water

1 cup steel cut oats  
3 tbsp. honey

Bring salted water to a boil. Add oats and cook 10-20 minutes depending on how chewy you like your cereal. Spoon into a bowl and drizzle with 1 tablespoon of honey.

## The Healthy Pantry

- ▶ Steel cut oats
- ▶ Huckleberry honey

## Other Pantry

- ▶ Sea salt

Nutrition Facts			
Serving Size 8.00 fluid ounce(s) (315g)			
Amount Per Serving			
<b>Calories</b>	277	<b>Calories from Fat</b>	36
% Daily Value			
<b>Total Fat</b>	4.0g		6 %
Saturated Fat	0.0g		0 %
Trans Fat	0.0g		
<b>Cholesterol</b>	0.0mg		0 %
<b>Sodium</b>	541.3mg		23 %
<b>Total Carbohydrate</b>	53.3g		18 %
Dietary Fiber	10.7g		43 %
Sugars	17.2g		
<b>Protein</b>	8.1g		
Vitamin A	0 %	Calcium	4 %
Vitamin C	0 %	Iron	11 %

The  
**Healthy Pantry**  
Inspiring Nutritiousness!

*More recipes and Healthy Pantry ingredients available at [www.thehealthypantry.com](http://www.thehealthypantry.com)*