



INGREDIENTS

- 1 Cup Steel-Cut Oats
- 3 Cups Water
- 1 Cup Whole Milk
- ½ Cup Heavy Cream
- ¼ Teaspoon Salt
- 1 Pound Pitted Dates (chopped)
- 1 Cup Granola
- Pinch of Sea Salt

DIRECTIONS

1. Warm a saucepan over medium heat.
2. Combine steel-cut oats and water. Bring to a boil, then reduce to a simmer.
3. Simmer for 20 minutes, stirring occasionally.
4. Stir in the whole milk and continue to simmer for another 5 to 10 minutes until creamy.
5. Add heavy cream and stir until smooth and silky.
6. Spoon porridge into bowls and top with chopped dates, granola, and sea salt flakes, according to portion sizes below.
7. Serve warm and enjoy.

MEAL PATTERN CONTRIBUTION

- Grain
- Fruit

MEAL TYPE

 Breakfast

PORTION SIZES

Toddler: ¼ Cup Porridge
+ ⅛ Cup Dates

YIELD

5 Cups

Preschool: ¼ Cup Porridge
+ ¼ Cup Dates

School Age: ½ Cup Porridge
+ ¼ Cup Dates

Adult: 1 Cup Porridge
+ ¼ Cup Dates