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Have a bowl of oatmeal to kick off your day in a healthy way. Michelle Dudash, H3.

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SECTION H

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## Steel-cut oats give morning healthy start

Now that we're well into the second quarter of the year, it's a great time to review your progress — or lack of — with your New Year's resolutions.

If you're like me, one of your resolutions was to eat healthier meals, beginning with breakfast. Starting the day with a satisfying, nutritious breakfast to stay fueled all morning long will also help you resist any tempting breakfast pastries that cross your path.



**MICHELLE DUDASH**  
HEALTHY DISH

Waking up to a steamy hot bowl of steel-cut oats in the morning is possible with this recipe. Right before bedtime, pour all of the ingredients into a slow cooker. Et voilà! These oats will beckon you into the kitchen in the morning, making it nearly impossible to come up with an excuse for skimping on the first meal of the day.

Compared to rolled oats, steel-cut oats have a nuttier flavor with a little "chew." I created this recipe for California Raisins, a client. Raisins are an exceptionally versatile, all-natural fruit that is dried by the sun and contains no added sugar. The raisins infuse the oats with natural sweetness, so you might not want to add sugar. For even more staying power and flavor, swirl in a teaspoon or two of almond butter or peanut butter.

### Easy Steel-Cut Oats Cooked in a Slow Cooker With California Raisins

From Michelle Dudash

- 3/4 cups water
- 1/4 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 1 cup steel-cut oats — not quick cooking; can be found in natural foods section
- 1/2 cup California raisins
- 1/2 teaspoon vanilla extract

Coat the bowl of a slow cooker with cooking oil spray. Add water, then sprinkle in cinnamon, salt, oats, raisins and vanilla. Cover and cook on low for 6-8 hours.