



Steel Cut Overnight Oats with Raspberry Compote

This fiber-filled grab-and-go breakfast can be prepared the night before and enjoyed either cold or heated in the microwave the morning of a busy day.

Cooking level: **Beginner**

Contains: milk, tree nuts

Servings:
1

Prep time:
5 minutes

Cook time:
10 minutes

Total time:
3 hours or overnight



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What you'll need

- Small glass container with lid
- Large saucepan

Ingredients

Overnight oats

- 1 cup almond milk,* or milk of choice
- ½ cup regular or gluten-free steel-cut oats
- Enhancements: raspberry compote, berries,* bananas, nut butter*

Raspberry compote

- 6 oz. fresh or frozen raspberries (or strawberries, blueberries)*
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. monk fruit sweetener

*Important note: Nuts and berries may be triggering during flare-ups.

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Cooking steps: Overnight oats

- 1 Get out a small glass jar with a lid, or glass container with a lid.
- 2 Pour **1 cup almond milk** and **½ cup oats** into the container and give the mixture a good stir.
- 3 Store the oats in the refrigerator for 3 hours, or store them overnight to enjoy in the morning.
- 4 Eat them as is, or heat them up in a microwave.
- 5 Top the oats with any toppings of your choice—including but not limited to homemade chia jam, granola, or berries.

Cooking steps: Raspberry compote

- 1 Combine **6 oz. raspberries**, **1 tbsp. lemon juice**, and **2 tbsp. monk fruit sweetener** into a large saucepan and cook over medium heat. Stir until the monk fruit sweetener dissolves and raspberries soften—about 3 minutes.
- 2 Turn the heat down to a simmer and cook for 7 minutes or until the mixture has thickened.
- 3 Remove the saucepan from the heat and let it cool completely.
- 4 Give the compote a good, final stir and pour it into a sealed container.
- 5 Pop it in the refrigerator for future use or combine it with your favorite nondairy yogurt, granola, or overnight oats.†

†Lasts up to one week in the fridge.



Nutritional info

Oats with 2 tbsp. Raspberry Compote (1 serving)	
Calories	250
Total fat	6 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	175 mg
Carbohydrate	40 g
Fiber	7 g
Sugar	1 g
Protein	9 g