

RECIPE | BERRIES



# STRAWBERRY PECAN OATMEAL



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## INGREDIENTS

- 12 oz Pure Flavor® Sweet Bloom® Strawberries, sliced
- 2 ½ cups water
- 1 cup milk
- 1 cup steel cut oats
- 2 tbsp Lane Southern Orchards Pecans, chopped
- 2 tbsp maple syrup
- 1 tbsp raisins
- 1 tbsp dried apricots, chopped
- ¼ tsp ground cinnamon
- ¼ tsp salt



## DIRECTIONS

- 1 In a large saucepan, combine the water, salt and milk. Bring the mixture to a boil over high heat. Stir in the oats and salt. Return the mixture to a steady boil, then immediately reduce the heat to low. Gently simmer for 20 minutes, stirring occasionally and scraping along the bottom of the pan to prevent sticking. For softer, creamier oats, continue cooking for 5 to 10 minutes.
- 2 Divide the oatmeal into bowls and top with strawberries, dried fruit, pecans, maple syrup and cinnamon.



**30 min**

**5 min**  
PREP.

**25 min**  
COOKING



**4**



**easy**