



# ANCIENT GRAINS OATMEAL

## INGREDIENTS

- 1 tsp extra virgin olive oil or spray
- 1 cup traditional steel cut oats
- 1/2 cup quinoa
- 3 3/4 cups water (3 1/2 cups in Instapot)
- Optional: 1/2 cup soy milk to boost protein
- Add-ins we loved:
  - honey, blueberries and almonds
  - honey, banana and walnuts
  - spinach, garlic salt and pepper
  - avocado and sriracha

## DIRECTIONS

1. In a medium pan, heat olive oil over medium heat. Add steel-cut oats and toast them for about a minute. If using an Instant Pot, pour in the olive oil and sauté on medium for one minute.
2. While the oats are toasting, rinse the quinoa.
3. Add water and quinoa to the pan, bringing it to a boil over medium-high heat. Once boiling, reduce the heat and let it simmer for 20 minutes on the stovetop (or set the Instant Pot for nine minutes with a natural release).
4. For an extra protein boost, stir in soy milk. Serve warm and add your favorite toppings.

## Why This is Mission-Ready Fuel:

The slow-digesting carbs, healthy fats, and muscle-repairing protein help you power through training and recovery!

1. Steel-Cut Oats: Slow-digesting carbs for sustained energy and fiber for digestion.
2. Quinoa: Complete plant-based protein for muscle repair and growth.
3. Soy Milk: Boosts protein and provides calcium for bone health.
4. Olive Oil: Healthy fats for long-lasting energy and reduced inflammation.

The Instapot is one of our favorite droids. You can set it and forget it until it's time to chow.

Recipe can be easily doubled to use as a meal base for every day in you want to try all week!



## NOTES

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