

Steamed oats with maple glazed fruits

By Miele

5 minutes

Prep time

6 minutes

Cooking time

2 Servings

Serves

INGREDIENTS

Oats

- ½ cup quick cooking oats
- ½ cup milk
- ¾ cup water
- Pinch of salt
- 1 tablespoon honey

Maple glazed fruits

- ½ cup dried fruits, whole or chopped
- ¼ cup warm water
- 2 tablespoons maple syrup
- 1 cinnamon quill

METHOD

Oats

1. Combine all oat ingredients in a solid steam tray or a stainless steel bowl.
2. Place into steam oven.

Maple glazed fruits

1. Place fruit into a separate solid steam tray or stainless steel bowl with the cinnamon quill.
2. Dissolve maple syrup in the water and pour over the fruit.
3. Place into the steam oven.
4. Set Steam oven to: 100°C + 5 minutes and allow to cook.
5. Remove from oven, stir both mixtures well and allow to stand for 1 minute.
6. Spoon oats into serving bowls and top with fruit and juices from the glaze. Serve.

Note

- Fresh fruit can be used instead of dried, reduce the water added fruit to 3 tablespoons.
- For a decadent touch, add a dollop of thickened cream when serving.
- Adjust liquid quantities for oats to your liking eg. All water and no milk. Lessen the water and/or milk for a thicker result or increase liquid for a thinner result.

