

# PLEASING YOUR PLANT-BASED PALATE

## APPLE 'N SPICE STEEL-CUT OATMEAL

Chris Kalinich – Health World Sedona

Yields: 4 servings



1 cup steel-cut oatmeal  
1 cup plant milk (i.e., almond or soy)  
1 – 2 cups water (see NOTE below)  
1 tsp. ground cinnamon  
1/8 tsp. ground clove  
dash or two of nutmeg  
dash of salt (optional)  
4 – 5 dates, chopped

1/2 cup canned pumpkin or sweet potato  
1 apple, chopped (pear is also a good choice)  
1/2 cup dried raisins, golden raisins, chopped cherries or apricots  
1/4 cup walnuts, chopped (or nut of choice)  
molasses  
ground flax seed

1. In a heavy cooking pot, place the steel-cut oats and cover with 1 cup plant milk and 2 cups water. Add cinnamon, clove, nutmeg, salt, and chopped dates. Stir mixture. Bring pot to a boil, reduce heat to simmer and cover with lid, cooking for approximately 20 minutes or until most liquid is absorbed and oats are soft yet firm. Remember to stir oatmeal occasionally. Remove pan from heat and allow to sit for a few minutes to further thicken the oatmeal. **NOTE:** If using an Instant Pot instead of a cooking pot, use only 1 cup of water with the 1 cup of plant milk; set the Manual Setting for 3 minutes, allowing the pressure to release naturally at the end of cooking time (press the OFF button or unplug).
2. Once the oatmeal is done cooking, add the canned pumpkin and stir until incorporated.
3. Place oatmeal into serving bowls, divided equally among 4 bowls. Place the dried fruit and walnuts equally among the 4 bowls. Then drizzle each with molasses and sprinkle flax seed as the final touch.

**S.A.D. Fact:** Less than 3% of Americans eat enough fiber (the daily recommended amount). Just by eating 1/4 cup of oatmeal or beans daily, the U.S. could save billions on treating constipation, while also helping to reduce the risk of Type 2 diabetes and heart disease.

**Health Benefits of Eating More Whole Grains:** A whole grain has more nutrients (i.e., vitamins, minerals and fiber) than processed grains. Oats contain soluble fiber, which help make you feel full longer and can be beneficial for lowering blood cholesterol and blood sugar.

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## SAVORY STEEL-CUT OATMEAL

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Yields: 4 servings



1 cup steel-cut oats  
2-3 cups low sodium vegetable broth (see NOTE below)  
1 tsp. dried oregano  
1 tsp. dried marjoram  
¼ tsp. red chili flakes  
½ tsp. garlic powder  
½ tsp. ground turmeric  
¼ tsp. black pepper

½ cup SoDelicious culinary coconut milk (whole or light)  
¼ cup nutritional yeast flakes  
¼ tsp. salt (optional)

2 Tbsps. low-sodium vegetable broth or water  
1 Tbsp. coconut sugar  
1 sweet onion, chopped  
1 large carrot, chopped  
1 small green bell pepper, chopped  
1 cup frozen green peas, thawed  
2 Tbsps. coconut vinegar  
2 Tbsps. chopped basil or cilantro  
unsalted sunflower seeds, chopped nuts, hemp seeds, pumpkin seeds (optional)

1. In a heavy cooking pot, place the steel-cut oats and cover with 3 cups vegetable broth. Add oregano, marjoram, red chili flakes, garlic powder, turmeric, and black pepper. Still until incorporated. Bring pot to a boil, reduce heat to simmer and cover with lid, cooking for approximately 20 minutes or until most liquid is absorbed and oats are soft yet firm. Remember to stir oatmeal occasionally. Remove pan from heat and allow to sit for a few minutes to further thicken the oatmeal. **NOTE:** If using an Instant Pot instead of a cooking pot, use only 2 cups vegetable broth and set the Manual Setting for 3 minutes, allowing the pressure to release naturally at the end of cooking time (press the OFF button or unplug).
2. While the oatmeal is cooking, place 2 Tbsps. broth or water in a sauté pan. Add coconut sugar, onion, carrot, and green bell pepper. Cook over medium heat, stirring frequently, until softened (about 5-7 minutes). Add thawed peas and coconut vinegar to the cooked vegetables. Remove pan from heat.
3. Now add coconut milk, nutritional yeast flakes and salt to oatmeal mixture. Stir well.
4. Place oatmeal into serving bowls, divided equally among 4 bowls. Place the cooked vegetables on top of the oatmeal, divided equally. Garnish each bowl with chopped basil and a sprinkling of your favorite raw or toasted seeds/nuts.

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