

Pro 21 Diet Warm Steel Cut Oats

Serves: 1

Texture goal: Soft, creamy, not chewy (important for motility). Eat this **within 30 minutes of waking, after coffee**, then sit upright or take a short walk. Many people see results within **30–90 minutes**.

Ingredients

- ¼ cup steel-cut oats (dry)
- 1 cup water
- Pinch of sea salt

After Cooking (Therapeutic Add-ins)

- 2 Tbsp ground flaxseed
- 1 Tbsp chia seeds
- ½ cup kiwi slices *or* blueberries
- 1 Tbsp extra-virgin olive oil
- Cinnamon or fresh ginger, to taste

Rinse the oats (optional but gentler for some people).

Bring 1 cup water + oats + salt to a boil.

Reduce to low simmer, cover partially.

Cook 20–25 minutes, stirring occasionally.

Add a splash of hot water if needed.

You want them very soft, not al dente.

Remove from heat.

Stir in ground flax and chia.

Let sit 2–3 minutes so they gel.

Top with fruit.

Drizzle olive oil last and sprinkle spices.