

Best Oatmeal

1. The night before, add **3 C of water** to a pot, along with a generous **pinch of salt**, and bring to a boil.
2. Once it comes to a boil, add **55g of old-fashioned rolled** and **83g of steel-cut oats**, **5.2g of chia seeds**, and **25.4g of chopped dates**; stir, and let it come back to a boil.
3. Immediately remove it from the heat, cover the pot, and let it sit overnight. It only needs a gentle rewarming before serving. This technique creates a creamy base, while the steel-cut oats retain their shape, providing little bits of chewiness.



1 Overnight Oatmeal Pot Batch ingredients

- Rolled oats – 55 g
- Steel-cut oats – 83 g
- Chia seeds – 5.2g
- Dates (chopped) – 25.4g
- Water – 3 cups (0 kcal)
- Pinch of salt – ignored in calories

👉 Total for the whole pot (2 servings)

Total batch (≈ 2 servings):

Kcal: 614kcal / Protein: 18.7g / Fat: 12.0g / Sat. Fat: 3.6g / Carbs: 114.2g / Sugars: 20.2g / Fiber: 17.6g / Sodium: 0mg / Omega-3: 0.94g

👉 Per serving (½ pot)

Per serving (about half the pot):

Kcal: 307kcal / Protein: 9.4g / Fat: 6.0g / Sat. Fat: 1.8g / Carbs: 57.1g / Sugars: 10.1g / Fiber: 8.8g / Sodium: 0mg / Omega-3: 0.47g