

Oats (Grains and Seeds)

Interesting facts: Oats were one of the earliest cereals cultivated by man. They were known in ancient China as long ago as 7,000 B.C. The ancient Greeks were the first people known to have made a recognizable porridge (cereal) from oats. Oatmeal cookies are the number one non-cereal usage for oatmeal, followed by meatloaf. Pure oatmeal does not contain gluten. However, most oatmeal brands on the market today are not pure; they contain oats that have been cross-contaminated with a tiny amount of wheat, barley, and/or rye. Those should be safe for most people with non-celiac gluten sensitivity.

How to select: Only buy oats and oatmeal labeled as **gluten-free**. Oats are usually processed by machines which also process wheat and become gluten-contaminated as a result.

How to prepare and cook: Before cooking grains, soak them in pure water overnight then rinse them thoroughly. To cook the grain, combine it with water in a heavy steel pot. Do not use aluminum cookware. You may add a pinch of salt, ghee, oil or spices. Bring the grain to a boil, cover the pot, reduce heat, and simmer without stirring until the water is absorbed. Remove from heat and allow the grain to stand, still covered, for ten minutes before serving.

Use 1 cup of whole grain oats and 3 cups of water. Cook for 1 hour. Yields 3 cups.

Recipe idea:

Slow cooked oatmeal: Place 1 cup steel cut oats, water, 1 cup chopped apple, 2 tablespoons butter, 1 tablespoon ground cinnamon, 1 teaspoon maple syrup, and 1 teaspoon vanilla extract into a slow cooker, and stir to combine. Cover the cooker, set to Low, and cook 6 to 7 hours (for firm oats) or 8 hours (for softer texture). Serve in bowls: May add toasted walnuts and top with pat of butter.