**Steel-Cut Apple Porridge [Vegan]**

*Ingredients*

* 1 1/2 cups almond milk, homemade or store-bought
* 3 cups water
* A pinch of sea salt
* 1 cup steel-cut oats
* 1 tablespoon grape seed oil (or a light vegetable oil)
* 1/2 -1 teaspoon powdered cinnamon
* 1 large apple (or more) with peel on, diced
* Option: A drizzle of maple syrup or some granulated sugar cane can be added to your portion

*Preparation*

* Pour the almond milk and water in a pot and heat this up on stove top on medium-high heat, stirring from time to time with a wooden spoon. Add a pinch of salt.
* While this heats up, on stove-top, heat the oil in a skillet. When the oil is hot, reduce heat to medium and add the oats and cinnamon. It should sizzle a bit. Roast the oats with the cinnamon, stirring them constantly for two minutes. This will bring out the flavour of the oats. Take the skillet off the heat after two minutes of roasting.
* When the liquid starts to foam and simmer, add the steel-cut oats and stir with a wooden spoon. Reduce heat to medium-low.
* Let this simmer gently uncovered for 20 minutes, stirring from time to time so that it doesn’t stick to the bottom. The porridge will thicken and get creamy.
* After 20 minutes, add the chopped apples and simmer uncovered for an additional 10 minutes.