

# Longevity Oats



the long game

**Prep:** 5 mins to assemble, 30 mins (or overnight) to cook

Makes: 1 serving

Per serving (approx.): 795 calories; 27 g fat; 120 g carbs; 37 g protein



## Ingredients

1/4 cup steel cut oats  
2/3 cup apple cider  
1/3 cup water  
1/4 cup dried cranberries  
1/8 cup Goji berries  
2 dried apricots, chopped  
1/8 cup barberries  
1 Tbls peanut butter

1 tsp ground flax seed  
1 tsp wheat germ  
1/8 cup sunflower seeds  
1/8 cup pumpkin seeds  
1 tbls walnuts

1/2 cup yogurt  
1/2 cup applesauce

## Preparation

1. Combine 1st 8 ingredients in a saucepan and bring to a boil. Reduce heat to low and cover. Simmer for 20-30 minutes, stirring occasionally.
2. When oatmeal is pretty much cooked (chewy, but not soft), turn off heat and add next 5 ingredients. Stir seeds and nuts into mixture, cover, and let sit for another few minutes.
3. Serve with a healthy dollop of yogurt and applesauce.

### NOTES:

- Shorten the morning prep time by completing step 1 before bed. Bring the oats, etc. to a boil and then turn off the heat, cover, and let sit overnight.
- The apple cider imparts sweetness, as do the dried fruits, esp. apricots. Lower the calorie count by using water, and omitting the apricots.