

Apple Cinnamon Overnight Oats with Maple Apples

Slightly adapted from September 2012 issue of Cook's Illustrated Magazine.

Serves 4

3 cups water

1 cup steel-cut oats

1 teaspoon kosher salt

½ cup apple juice or cider

½ cup milk (2% or whole milk will make it more delicious)

1 medium apple, peeled and diced into ¼ inch cubes

½ teaspoon ground cinnamon

2 Tablespoons maple syrup

1 Tablespoon unsalted butter

1 apple, sliced into circles or wedges (leave peel on, it's pretty!)

1 Tablespoon maple syrup

¼ cup toasted chopped almonds or pecans

1. Bring water to boil in large saucepan over high heat. Remove pan from heat; stir in oats and salt. Cover pan and let stand overnight.
2. Stir juice, milk, diced apples, cinnamon and 2 Tablespoons maple syrup into oats and bring to boil over medium-high heat. Reduce heat to medium and cook, stirring occasionally, until oats are softened but still retain some chew and mixture thickens and resembles warm pudding, 4 to 6 minutes. Remove pan from heat and let stand for 5 minutes.
3. While oatmeal is resting, heat a 12 inch skillet over medium heat. Add butter and let melt. Add apple slices and cook for about 1 minute on each side. Add maple syrup and cook for another minute until apple slices are coated in syrup.
4. Spoon oatmeal into bowls and top with maple apples and chopped almonds.