



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Baked Vegetable And Sage Oats

- 2 cups Spring or Filtered Water
- 1 cup Steel-Cut Oats
- ½ cup Diced Onion
- ½ cup Diced Celery
- ½ cup Diced Butternut Squash
- 3 Tbsp. Sage Leaves (rubbed if dry, minced if fresh)
- 2 Tbsp. Thyme
- 1 Tbsp. Sesame Oil
- 1 tsp. Sea Salt



1. Preheat oven to 350° F.
2. Heat a heavy-bottomed pot over medium-high heat.
3. Add Sesame Oil and sauté onions until they are clear.
4. Add celery, squash, herbs, and oats.
5. Cook about 5 minutes to seal the edges with oil.
6. Add salt and water.
7. Cover and bake in the oven.
8. Bake for 30 minutes or until grain has absorbed liquid.

Tip: Garnish with roasted, tamari-flavored sunflower seeds.

Pro Tip: Tamari-roasted sunflower seeds, cashews, or almonds make a good contrast to the soft texture of baked oats.

Extra Tip: Flavor renders sauce unnecessary, but if desired, use a creamy cauliflower sauce.