

## Sweat Pants Oatmeal (E)

"Sweat Pants Oatmeal".... is all about ease and comfort when eating meals the Trim Healthy Mama way!!! Take a listen to the [Trim Healthy Podcast~ Episode 57](#)..."Stop Making This So Hard! Our 5 Best Tips to Make Your Trim Healthy Life So Much Easier"..... to learn more about Pearl's incredibly delicious take on "oatmeal" On this PODdy you will also hear all about how many make THM way harder than it should be and you will encouraged to find "sweat pants" meals.

Multi Serve Recipe

### INGREDIENTS:

- ½ cup old-fashioned rolled oats
- 1 cup water
- ½ cup unsweetened nut milk
- 12 unsweetened raisins  
(optional or any cut fruit)
- 2 tsp [TH Gentle Sweet](#)
- 2 pinches [TH Mineral Salt](#)  
(generous pinches)
- 1 sprinkle cinnamon  
(a generous sprinkling)
- ½ tsp extra virgin coconut oil
- 2 Tbs water (2-3 Tbs very hot water to place the coconut oil in)



### DIRECTIONS:

1. Place the oats, water, nut milk, and raisins in a very small saucepan and bring to a quick boil, then turn to medium and let boil more gently for about 3 minutes.
2. Take the pan off the heat and go do something for your morning routine. Come back 10 – 12 minutes later.
3. It will be quite set. Sprinkle the Gentle Sweet, mineral salt, and cinnamon over the oatmeal.
4. Place the coconut oil into 2-3 Tablespoons of very hot water, mix, and pour over your bowl of oatmeal.

### **Tips & Suggestions from Pearl.....**

I wanted to give you some extra tips on my **"Sweat Pants Oatmeal"** I described in the Poddy then gave you the recipe here yesterday since I've noticed a bunch of you are making it. The pic I posted yesterday was my bowl half eaten so you did not get to see the succulent coconut oil liquid on top.

This is actually what it looks like before eating... see those amazing droplets of coconut goodness????!! It feels like you are eating a decadent fatty crossover... like oatmeal with cream or something. I encourage you not to mix in this water... just let it flow naturally into every spoonful. Float the oil baby! And don't be stingy with the mineral salt or the cinnamon.

Oh man... I still just can't believe we get to eat like this some days.

## **Sweat Pants Oatmeal (Pearl's Tweaked Version with Gluccie & Oat Fiber)**

Here is my latest version... you'll notice I add gluccie, oat fiber and more water now. I'm in love with the taste, texture and everything about it. This recipe is for 1 Single Serving!!

### **Ingredients:**

-Scant ½ cup old fashioned rolled oats (I tried pulling back a little because even though my blood sugar handles oats well, I know some who have more sensitive blood sugar have to be scarce with grains and I was imagining I was you)

-1 1/3 cups water

-1/2 cup unsweetened nut milk

Put these three things in a small saucepan, bring to a quick boil. (I add my 12 raisins now too.... but if your blood sugar is more unstable... try unsweetened dried cranberries or just go without those things). Once this boils turn down to medium/low and add the following ingredients:

### **Next Add These Ingredients:**

- 2 Tbs [TH Oat Fiber](#)

- 1/3 tsp [TH Gluccie](#)

Now let simmer for another 3 - 4 minutes or so. After that, stir well, take off heat and let stand for another few minutes. Doesn't need as long as my original sweat pants oatmeal to thicken up. Thickens much quicker.

### **Topping Ingredients for Sweat Pants Oatmeal:**

- [TH Mineral Salt](#) (couple of good pinches)

- [TH Gentle Sweet](#) (or Super Sweet, I do a combo of both, 1 teaspoon each)

- Cinnamon (sprinkle liberally)

- ¼ cup water mixed with 1/3 - 1/2 teaspoon coconut oil (I do 1/3 now and it is plenty)

Sprinkle on toppings then pour over oil/water mix... don't stir it all in. Let the delicious silky liquid mix into every bit of the thick, hearty oatmeal.

Tell me what you think if you make this and how your blood sugar reacts. You may need a little collagen in your coffee or tea for added protein.

- Pearl