

## **OVERNIGHT OATMEAL SOUS-VIDE**

*(adapted from several sous-vide sources)*

*jars:*

8 jars with 4-ounce capacity

or

4 jars with 8-ounce capacity

*for each small (4oz) jar:*

2 tablespoons steel-cut oats

70 g water

pinch of salt

*for each bigger (8oz) jar:*

4 tablespoons steel-cut oats

140 g water

pinch of salt

Using sous vide circulator, bring water to 155°F. Fill the jars of your choice with the appropriate amount of oats, water, add the salt. Seal jars. If they have screw-caps, don't tighten them too much. Lower jars slowly in the prepared water bath until fully submerged. Cover and cook for 10 to 12 hours.

Remove jars from water-bath. Stir oats and serve with the toppings of your choice. If using the small jars, you'll need two of them to make a single portion.