

## Breakfast Groats



### Ingredients

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4 cups whole oat groats, dry  
1 tbsp butter, salted  
1 tsp ground cinnamon  
1/2 tsp salt  
1/4 cup, packed brown sugar  
1/2 cup coconut

### Nutrition Info

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Calories: 356.1

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Fat: 9.8g

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Carbohydrates: 64.7g

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Protein: 12.4g

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### Directions

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Soak the groats overnight in 8 cups water. In the AM, do not drain. Bring to boiling, reduce to simmer, cook until tender but still chewy (about 30 minutes). Add contents of flavor packet, stir. Serves 8. Serve drizzled with honey if desired.

Serving Size: serves 8