

## Oat Groat Mushroom Risotto

*Oat groats are the whole, unprocessed form of oats, hence they are much lower on the glycemic index (how fast your body processes a food's sugars). Groats take longer to cook than regular oatmeal, but you will be rewarded with a chewy and sweet, glorious texture and flavor! This is a wonderful grain for a healthy version of risotto, made with a creamy almond or walnut-based sauce and cooked with mushrooms for a hearty, delicious and nutritious result.*



### Ingredients

- 1 cup oat groats
- 3 cups water
- Pinch of sea salt
- ½ cup of your favorite mushrooms, chopped
- 1 cup sliced mushrooms
- 1 medium yellow onion, sliced

### Sauce Ingredients

- 1 cup blanched almonds and/or walnuts or cashews
- 1 cup water (or more, depending on desired thickness)
- 2 teaspoon Dijon mustard
- 1 tablespoon Tamari
- 1 dash of nutmeg
- Garnish with chopped cilantro, green onion or parsley

### Instructions

1. Wash groats until the water runs clear. Add groats and water to medium pot with lid and bring to a boil. Add ½ cup chopped mushrooms. Cover, turn flame to low, and cook for 1 hour.
2. Blend sauce ingredients until smooth and creamy. Add sea salt to taste.
3. Sauté sliced onions in a hot pan with a teaspoon at a time of water and sea salt, or broth, to allow them to caramelize without oil. Add 1 cup sliced mushrooms and sauté until soft.
4. Stir sauce into oat groats until well coated. Stir onion and mushroom sauté in at the end.
5. Garnish with chopped cilantro, green onion or parsley and enjoy!

Makes 4 servings