

Recipe by Susan Irby, CFNS, CFH, creator of The Bikini Chef®, special to DementiaSherpa.com.

Note from Christy Turner, DementiaSherpa.com: *Great for people who do better with a spoon, or serve in a mug for people who do better without utensils. For those with chewing difficulty, leave out walnuts.*

Coco-Oats Pudding

Serves 4

1 tablespoon coconut oil
1 cup steel cut oats
3 cups water
1 cup coconut milk
Pinch sea salt
1/2 cup wild blueberries, raspberries, diced peaches, nectarines or dates
2 tablespoons chopped toasted walnuts (optional)

Heat oil in a medium skillet. Stir in oats and cook until lightly toasted, stirring occasionally.

In a medium saucepan, stir together water and coconut milk. Heat over medium heat to simmering. Stir in oats and simmer about 20 minutes, stirring occasionally. Add salt and continue to simmer an additional 10 minutes or until oats are softened, thick and creamy.

Stir in added ingredients as desired, such as berries, peaches, nectarines, dates and walnuts. Add a pinch of spices such as cumin, cinnamon, and cardamom, if desired.

Nutrition:

Serving size: approximately 3/4 cup with wild blueberries

Calories: 255

Fat: 19.1g

Saturated fat: 15.8g

Cholesterol: 0mg

Sodium: 74mg

Potassium: 248mg

Carbohydrates: 19.8g

Fiber: 3.8g

Sugars: 4.0g

Protein: 4.2g

NOTE: These tips and recipes are not meant to diagnose or cure disease and health conditions. As with any change in diet, consult your doctor for specific guidelines.