

berry blast STEEL CUT OATS



Pamela Sharpe, MS, NP
 Nurse Practitioner & Chef

Pamela's Note:

The creamy, rich, nutty, consistency makes a hearty filling bowl that is jam packed with nutrients and energy to help fuel your day from the fruit, 100% whole grains, omega-3 fatty acids, fiber, antioxidants, and more! This recipe can be easily meal-prepped by portioning this out into air-tight containers. Incorporating small changes like in the recipe below as well as adding other healthy lifestyle changes can work to lower risks for certain types of cancer and aim to boost greater health and wellbeing. Enjoy and remember small changes today can help work to create lasting changes.

Ingredients

YIELD: 3 servings

2 cups unsweetened non-dairy milk (oat or almond milk-avoid coconut milk if possible)
 ½ cup dry steel-cut oats
 1 cup frozen mixed berries (raspberries, blueberries, strawberries, or blackberries)
 1 banana

¼ cup walnuts
 1tsp ground flax seeds
 2 tsp hemp seeds
 ¼ tsp ground cinnamon
 1 tbsp of plain almond butter



Directions

1. In a medium saucepan on medium heat add 2 cups of non-dairy milk and ½ cup of steel-cut oats and bring to a boil, stir, and reduce heat to low.
2. Let simmer, stirring frequently every 5-8 minutes, allowing oats to thicken (approximately 30-40 minutes depending on the preferred thickness and consistency).
3. Once desired consistency is reached, add whole banana and mash with a fork to provide a natural sweetener.
4. Mix in 1 cup of berries, ground flax seeds, hemp seeds, and cinnamon. If there are any nut allergies, substitute with additional flax, hemp, or another type of seed like pumpkin or chia. This is a great way to boost omega-3s. If no allergies add in the almond butter (important for almond butter to not contain palm oil or other added ingredients) and walnuts for great healthy fats that help provide fuel for brain health.
5. Portion out or serve and enjoy! As a bonus feel free to add 1/4 cup addition fresh berries for an extra Berry Blast!



MEET PAMELA SHARPE, MS, FNP NURSE PRACTITIONER & TRAINED CHEF

INTEGRATIVE MEDICINE PROVIDER



ANCC Board-Certified Family Nurse Practitioner



Trained chef



Specializes in integrative & lifestyle medicine at the Osher Center for Integrative Health at the University of Cincinnati



Her philosophy is that it is never too late to change and even the smallest lifestyle changes can lead to lasting results



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