

Apple Cinnamon Steel Cut Oats

Total Cook Time: 35 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Optional toppings and garnishes: Diced apples, walnuts, raisins, maple syrup, whipped cream, chia seeds

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* of hot water to the pot.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When cooking is complete, use a natural release for 10 minutes, then release remaining pressure. If liquid sprays through the valve, turn back to the sealed position, wait 30-60 seconds, and try again. Repeat this process as needed.
4. Stir well. Oats will thicken as they sit.
5. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 7-8 hours or overnight. Continue with step 4-5.

Leftover Suggestions:

- Freeze into individual portions for a quick and easy breakfast. Heat up in the microwave with a splash of milk to make it creamy again.

Notes:

- For an extra indulgent meal, drizzle a little heavy cream over your oats before enjoying.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3g	4%	Total Carbohydrate 42g	15%
Saturated Fat 0.5g	3%	Dietary Fiber 6g	21%	
Trans Fat 0g		Total Sugars 11g		
Cholesterol 0mg	0%	Includes 7g Added Sugars	14%	
Sodium 50mg	2%	Protein 5g		
Vitamin D 0.6mcg 4% • Calcium 140mg 10% • Iron 2.4mg 15% • Potassium 240mg 6% Vitamin A 40mcg 4% • Vitamin C 6mg 8%				

4 servings per container
Serving size
3/4 cup (143g)
Calories per serving **220**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: UNSWEETENED ALMOND MILK (FILTERED WATER, ALMONDS, CALCIUM CARBONATE, SEA SALT, POTASSIUM CITRATE, SUNFLOWER LECITHIN, GELLAN GUM, NATURAL FLAVORS, VITAMIN A PALMITATE, VITAMIN D2 AND D-ALPHA-TOCOPHEROL NATURAL VITAMIN E, WHOLE GRAIN OATS, APPLE SAUCE (APPLES, ASCORBIC ACID), BROWN SUGAR, VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), SPICE

CONTAINS: ALMOND