

Pumpkin Pie 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: extra sweetener (maple syrup, brown sugar, honey), whipped cream, chocolate chips, chopped pecans

Instant Pot Cooking Directions:

- Open the meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* of hot water to the pot.
- Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
- 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.
- Serve hot with desired toppings.

Slow Cooker Cooking Directions:

- 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.

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*
	4 servings per container Serving size 1/2 cup (97g)	Total Fat 3g	4%	Total Carbohydrate 42g
Calories per serving 220	Saturated Fat 0.5g	3%	Dietary Fiber 7g	25%
	<i>Trans Fat</i> 0g		Total Sugars 9g	
	Cholesterol 0mg	0%	Includes 7g Added Sugars	14%
	Sodium 0mg	0%	Protein 6g	
	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.5mg 15% • Potassium 180mg 4% Vitamin A 1690mcg 190% • Vitamin C 1mg 0%			

* 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: PUMPKIN PUREE, WHOLE GRAIN OATS, BROWN SUGAR, PUMPKIN PIE SPICE