



Instant Pot Steel Cut Oats

★★★★★

Cereals, Grains, InstantPot

Prep Time: 5 mins **Cook Time:** 4 mins **Servings:** Servings: 2 servings (Scaled 1/2x)

Source: wellplated.com

INGREDIENTS

1 1/2 cups water

1/2 cup unsweetened almond milk or water*

1 cup steel cut oats do not use any other kind of oats

1/4 teaspoon kosher salt

1/4 teaspoon ground cinnamon

1/4 to 3/8 cup dried fruit

1 1/2 tablespoons pure maple syrup or honey optional; add more to taste

NUTRITION

While both types of oats contain fiber with cholesterol-lowering properties (beta glucan), steel cut oats have a higher level of fiber than rolled oats. Each serving of steel cut oats has about 5 grams of fiber and 7 grams of protein. CALORIES: 359kcal

DESCRIPTION

Arguably one of the most healthy, budget-friendly, and versatile breakfasts in existence, oatmeal is a nutritional super star that, for reasons both just and unjust, doesn't receive the kind of universal enthusiasm it deserves.

DIRECTIONS

In a 6-quart Instant Pot, stir together the water, almond milk, oats, salt, cinnamon, and maple syrup. Cover and seal.

Cook on HIGH pressure (manual) for 4 minutes. Let the pressure release naturally for 10 minutes. Carefully remove lid.

Give the oats a big stir. Carefully taste (they will be hot!) and add additional cinnamon and/or maple syrup to taste. The oats will continue to thicken as they cool.

Ladle into serving bowls and serve hot with any desired toppings.

NOTES

*UPDATE on 3/10/21: Some readers have reported seeing "burn" warnings when using dairy milk. I have not had this issue personally, but to be safe, I recommend using almond milk or water.