

## Three-Minute Steel Cut Oats

### Ingredients:

- 2 Cups Water
- 1 Cup unsweetened plain or soy, oat, multigrain or other nondairy milk
- Pinch of salt
- 1 Cup steel cut oats
- 1/2 Vanilla bean (optional)
- 1 Cinnamon stick (optional)
- 1/4 Cup raisins or other dried fruit
- 1 Tsp ground cinnamon
- 1/4 Cup toasted walnuts
- 1/4 Cup raisins
- 1-2 Tbsp agave syrup or other sweeteners
- Olive Oil

### Cooking Method:

- 3 minutes on manual: natural pressure release

### Directions:

1. Add the water, milk, salt, oats, vanilla bean, cinnamon stick and 1/4 cup raisins to the pressure cooker. Lock on the lid. Use Instant Pot “Manual” function to cook 3 minutes. When time is up, let the pressure come down and open the pot.
2. Carefully remove the lid, tilting it away from you. Check to see if the oats are cooked enough. If not, lock on the lid back on and let sit for 5-10 minutes without any heat, during which time it will continue cooking. Then remove the lid.
3. Now remove the vanilla bean and cinnamon stick, if using, and set aside. Stir and add the cinnamon, walnuts, remaining raisins and sweetener to taste. Refrigerate leftovers and eat another morning to two. This will last about 4 days in the refrigerator. You can also freeze this in breakfast-sized portions.

