

Instant Pot Oatmeal

Ingredients:

- 2 cups old fashioned oats
- 2 cups water DIVIDED
- 2 cups almond milk
- 1 tablespoon flaxseed

Directions:

1. Insert steamer rack inside inner pot of Instant Pot. Add in 1 cup of water to inner pot.
2. Inside a 7 cup heat safe bowl, mix together the oats, 1 cup water, dairy and flax seed.
3. Place bowl on top of steaming rack and put lid on Instant pot.
4. Set Valve to "sealed" and set manual or time to 8 minutes on high pressure.
5. Allow to naturally release for 5 minutes before carefully releasing any additional steam by using a wooden spoon to turn valve to vent.
6. Remove bowl carefully from pressure cooker and then serve with desired toppings or allow to cool and store in fridge to reheat as needed.



Notes: Top with fruit, nuts, cinnamon—make it your own!



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Recipe found at amindfullmom.com