



## Three Minute Steel-Cut Oats

### Ingredients:

- 2 -2 ½ cups water
- 1 cup nondairy milk (I like unsweetened vanilla almond milk)
- Pinch of salt
- 1 cup steel cut oats
- ½ tsp of vanilla extract
- 1 cinnamon stick (optional but good!)
- ¼ cup raisins, or other dried fruit (optional)

Add-ins after cooked, if you'd like:

- Fresh berries
- 1 tsp ground cinnamon (1/4 tsp per serving)
- ¼ cup walnuts (or 1 tablespoon per serving)
- 1-2 tbsp agave syrup or other sweeteners (approximately 1 tsp per serving)



### Directions:

1. Add the water, milk, salt, oats, vanilla, cinnamon stick and ¼ cup raisins to the pressure cooker. Lock on the lid. Use Instant Pot “Pressure Cook” function to cook 3-5 minutes. When time is up, let the pressure come down and open the pot (approximately 12-16 minutes on natural release is perfect!)
2. Carefully remove the lid, tilting it away from you. Check to see if the oats are cooked enough. If not, lock 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. Remove the cinnamon stick, if using, and set aside. This makes 4 servings. Enjoy a nice warm bowl, consider some of the “Add-ins” on top! Then refrigerate any leftovers - will last about 4 days in the refrigerator. You can also freeze this in breakfast-sized portions.
4. Tips for reheating (from refrigerated): Serve a portion into a bowl, add a little nondairy milk and heat in the microwave for 90 seconds. Stir. Then put the Add-ins on top 🍌
5. If frozen, let defrost overnight in the fridge then see above!

