



Harvest Steel Cut Oats

INSTANT POT

List of ingredients

2 cups steel cut oats

5 cups water (substitute milk in for 2 of the cups for extra protein)

1 apple, cored and chopped into small pieces

1 cinnamon stick

¼ tsp salt

Directions

1. Add everything to your instant pot.
2. Press the Manual or Pressure Cook button and cook on high for 4 minutes.
3. Let it sit and natural release for 15-20 minutes, then turn the steam release valve to let the rest of the pressure release.
4. Remove the cinnamon stick.
5. Stir and serve warm with brown sugar, honey and any topping you would like (nuts and dried fruit are delicious add-ins that add some extra nutrition).