Blue Zones Project®

# Peaches & Cream Steel-Cut Oats

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Once Upon a Chef

## Ingredients:

- 2 c steel-cut oats
- 4 c water
- 1 lb sliced peaches
- 1/2 tsp ground cinnamon
- 1/4 c pure maple syrup
- 1/2 c full-fat coconut milk

Brought to Hawaii by **HMSA**

## Directions:

1. Combine oats and water in the Pot and give them a stir. Add in the peaches, cinnamon, and maple syrup. Secure the lid & move steam release valve to sealing. Select Manual to cook on high pressure for 4 minutes.
2. When cooking cycle is done, let the pressure naturally release for 15 minutes to finish cooking the oats. Move the release to venting to release any remaining steam pressure. When the floating valve drops, remove the lid.
3. Stir in the coconut milk, then taste to adjust any seasonings. Serve warm, with additional cinnamon or coconut milk, if desired.

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