Blue Zones Project®

# Steel Cut Oats with Earl Grey Tea

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Plant Based Instant Pot

## Ingredients:

1 1/2 c brewed Earl Grey Tea
(black, decaf or rooibos)
1/2 c steel cut oats
1/2 tsp rosewater, vanilla or a few
drops of lavender extract

Brought to Hawaii by **HMSA**

## Directions:

1. Add the brewed tea and oats to your Instant Pot. Put your lid on and make sure the vent is closed.
2. Select the manual/pressure cooker setting and set to cook for 3 minutes.
3. Allow the pressure to release naturally.
4. Open and serve topped with nondairy milk.

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