

Instant Pot Steel Cut Oats

With Chia and Dried Cherries

MAKES 4 SERVINGS

Ingredients

- 1 tsp. canola oil (to coat pot)
- 1 cup steel cut oats
- 1 ½ cup water
- 1 ½ cup almond milk (unsweetened vanilla)
- 3 tbsp. chia seeds
- ¼ tsp. sea salt
- ¾ tsp. vanilla
- ¼ cup dried cherries
- 1 tbsp. maple syrup



Directions

1. Grease the pot with canola oil.
2. Combine all ingredients.
3. Lock lid in place, and plug in the instant pot.
4. Press porridge button on instant pot.
5. Adjust time to 15 minutes.
6. Allow natural pressure release for 10 minutes then release remaining pressure.
7. Place oatmeal in containers and store in the fridge.
8. Add your favorite mix-ins and enjoy!



NUTRITION FACTS (Recipe)

Per Serving (3/4 cup): 251 calories, 5.7g fat, 182mg sodium, 42g carbs, 8.4g fiber, 7.9g protein, 23.9% DV calcium, 17% DV iron, 1725mg omega 3

Add-ins

1. Top with 1/3 cup plain Siggi Greek yogurt, a sprinkle of cinnamon, ¼ cup raspberries, and ¼ cup blueberries.

NUTRITION FACTS (Recipe with toppings)

Per Serving (3/4 cup): 335 calories, 6g fat, 211mg sodium, 54g carbs, 11g fiber, 18g protein, 31% DV calcium, 19% DV iron, 1725mg omega 3