

Pressure Cooker Apple Cinnamon Oatmeal

8 ingredients · 25 minutes · 2 servings



Directions

1. Add the steel cut oats, water, milk, half of the cinnamon, and salt to your pressure cooker and close the lid. Set to "sealing," then press manual/pressure cooker. Cook for five minutes on high pressure. Once it is done, press cancel and let the pressure release naturally for ten minutes. Do a quick release for any remaining pressure.
2. Remove the lid carefully and add the maple syrup.
3. Add the oatmeal to a bowl and top with the chopped apple, walnuts, and remaining cinnamon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add the toppings just before enjoying.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add vanilla.

Ingredients

- 1/2 cup Steel Cut Oats
- 3/4 cup Water
- 1/2 cup Unsweetened Almond Milk
- 1/4 tsp Cinnamon (divided)
- 1/8 tsp Sea Salt
- 1 tbsp Maple Syrup
- 1 Apple (medium, chopped)
- 2 tbsps Walnuts (chopped)

Nutrition

Amount per serving

Calories	300	Vitamin A	175IU
Fat	9g	Vitamin C	4mg
Carbs	52g	Calcium	162mg
Fiber	7g	Iron	1mg
Sugar	17g	Vitamin D	25IU
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	25mg
Sodium	192mg	Zinc	0mg
Potassium	324mg	Selenium	0µg