

# Pumpkin Pie Steel Cut Oats

Total Cook Time: 35 minutes

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

## Prepare with (aka ingredients needed to prepare meal):

- Optional toppings and garnishes: extra sweetener (maple syrup, brown sugar, honey), whipped cream, chocolate chips, chopped pecans

## Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)\* of hot water to the pot.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When cooking is complete, use a natural release for 10 minutes, then release remaining pressure. If liquid sprays through the valve, turn back to the sealed position, wait 30-60 seconds, and try again. Repeat this process as needed.
4. Serve hot with desired toppings.

## Slow Cooker Cooking Directions:

1. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 7-8 hours or overnight. Continue with step 4.

## Leftover Suggestions:

- Freeze into individual portions for a quick and easy breakfast. Heat up in the microwave with a splash of milk to make it creamy again.

## Notes:

- For an extra indulgent meal, drizzle a little heavy cream over your oats before enjoying.

<b>Nutrition Facts</b>	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	<b>Total Fat</b> 3g	<b>4%</b>	<b>Total Carbohydrate</b> 42g	<b>15%</b>	
	Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 7g	<b>25%</b>	
	Trans Fat 0g		Total Sugars 9g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 7g Added Sugars	<b>14%</b>	
4 servings per container	<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 6g		
<b>Serving size</b> <b>1/2 cup (97g)</b>	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.5mg 15% • Potassium 180mg 4%				
<b>Calories per serving</b>	Vitamin A 1690mcg 190% • Vitamin C 1mg 0%				
<b>220</b>					

INGREDIENTS: PUMPKIN PUREE, WHOLE GRAIN OATS, BROWN SUGAR, PUMPKIN PIE SPICE