

Blueberry Lemon 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, almonds, fresh fruit, granola

Instant Pot Cooking Directions:

- Open meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* of hot water.
- Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
- 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.
- Stir well. Oats will thicken as they sit.
- Serve hot with desired toppings.

Slow Cooker Cooking Directions:

- 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 4-5.

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.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (196g)

Calories
per serving **230**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.5g	4%	Total Carbohydrate 44g	16%
Saturated Fat 0.5g	3%	Dietary Fiber 6g	21%
Trans Fat 0g		Total Sugars 11g	
Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
Sodium 70mg	3%	Protein 6g	
Vitamin D 0.9mcg 4% • Calcium 190mg 15% • Iron 2.3mg 15% • Potassium 260mg 6% Vitamin A 60mcg 6% • Vitamin C 5mg 6%			

* 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.

INGREDIENTS: UNSWEETENED ALMOND MILK (FILTERED WATER, ALMONDS, CALCIUM CARBONATE, SEA SALT, POTASSIUM CITRATE, SUNFLOWER LECITHIN, GELLAN GUM, NATURAL FLAVORS, VITAMIN A PALMITATE, VITAMIN D2 AND D-ALPHA-TOCOPHEROL NATURAL VITAMIN E, WHOLE GRAIN OATS, BLUEBERRIES, LEMON JUICE, PURE MAPLE SYRUP, VANILLA EXTRACT (WATER, CARAMEL COLOR, ARTIFICIAL FLAVOR, CITRIC ACID, SODIUM BENZOATE (AS PRESERVATIVE)))

CONTAINS: ALMOND

