

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%

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

* 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.

IMPORTANT!

FOOD SAFETY INSTRUCTIONS

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.

