

# Maple Cinnamon Oatmeal

Total Cook Time: 30 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: fresh or dried fruit, sliced almonds, extra sweetener (maple syrup or brown sugar), whipped cream

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 5 1/2 cups (11 cups)\* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure. If liquid sprays through the valve, turn back to the sealed position and allow to cool for 1-2 minutes and try again.
4. Stir well and serve hot with your desired toppings.

## Slow Cooker Cooking Directions:

1. Spray inside of slow cooker with nonstick spray. Place frozen meal into the slow cooker. Add the said amount of liquid. Cook on low for 7 hours. 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:

- To enjoy this “overnight oats” style, combine the uncooked meal with 3 cups of milk (any kind) in a container. Stir well, cover, and refrigerate overnight. In the morning, serve straight from the fridge with your choice of toppings.

## Nutrition Facts

4 servings per container

Serving size  
1 cup (70g)

Calories per serving  
**260**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 50g	<b>18%</b>
Saturated Fat 1g	<b>5%</b>	Dietary Fiber 6g	<b>21%</b>
Trans Fat 0g		Total Sugars 10g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 9g Added Sugars	<b>18%</b>
<b>Sodium</b> 290mg	<b>13%</b>	<b>Protein</b> 8g	

Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 2.8mg 15% • Potassium 10mg 0%  
Vitamin A 0mcg 0% • Vitamin C 0mg 0%

INGREDIENTS: ROLLED OATS, BROWN SUGAR, SALT, SPICE

\* 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.



WASH AND DRY HANDS



CLEAN UTENSILS AND SURFACES, AND THEN SANITIZE



USE FOOD THERMOMETER

Minimum Internal Temperatures

Beef, pork, veal, lamb - steaks, roasts & chops: 145° F + 3-min rest time

Turkey, chicken, duck: whole, pieces & ground 165° F

Ground beef, pork, veal & lamb 160° F

Fish 145° F

For More Information:  
[www.fsis.usda.gov/safe](http://www.fsis.usda.gov/safe)