

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:

- Open meal and pop food into the pressure cooker pot. Add 5 1/2 cups (11 cups)* of hot water.
- Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
- 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.
- Stir well and serve hot with your desired toppings.

Slow Cooker Cooking Directions:

- 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*
Total Fat 4.5g	6%	Total Carbohydrate 50g	18%
Saturated Fat 1g	5%	Dietary Fiber 6g	21%
Trans Fat 0g		Total Sugars 10g	
Cholesterol 0mg	0%	Includes 9g Added Sugars	18%
Sodium 290mg	13%	Protein 8g	
Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 2.8mg 15% • Potassium 10mg 0% Vitamin A 0mcg 0% • Vitamin C 0mg 0%			

* 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: ROLLED OATS, BROWN SUGAR, SALT, SPICE