



## APPLE CINNAMON STEEL CUT OATS

Recipe Link: <https://lifemadesweeter.com/apple-cinnamon-steel-cut-oats/>

### Ingredients

- 1 cup steel cut oats use gluten free as needed
- 3 cups [almond milk](#) ,can also use water if you prefer water if you prefer
- 1/2 cup chopped apples ,(I used gala)
- 1 teaspoon [ground cinnamon](#)
- 1-2 teaspoons [maple syrup](#) , honey or low carb liquid sweetener (optional)
- drizzled almond butter , or date caramel

#### OPTIONAL TOPPINGS:

- chopped apples
- 1 tbsp pecans chopped
- [almond butter](#)
- [Instant Pot](#) I use a 6 Quart DUO-PLUS
- Large Pot

### Instructions

#### INSTANT POT METHOD:

1. To avoid sticking, lightly coat the inner pot of your Instant Pot with coconut oil or cooking spray.
2. Add oats into the Instant Pot followed by liquid. Stir in apples and cinnamon.
3. Secure the lid and turn the valve to SEALING.
4. Press the MANUAL (or PRESSURE COOKER for newer Instant Pot models) button and set to 4 minutes.
5. After the oats finish cooking, allow the pressure to release naturally (about 10-15 minutes).
6. After the pressure releases, open the lid and give the oatmeal a good stir. Any extra liquid will absorb as it cools. Stir in the sweetener.
7. Divide into bowls and top each with more apples, pecans, almond butter and milk, if desired.

#### STOVE-TOP METHOD:

1. Combine oats and liquid in a medium pot over medium high heat. Bring to a boil, then reduce heat to low and a gentle simmer. Do not leave unattended.
2. Continue simmering until thickened and desired creaminess, about 15 to 20 minutes, stirring occasionally and scraping along the bottom of the pan to prevent sticking. Remove from heat.
3. Stir in apples, cinnamon, maple syrup and add-ins of your choice.
4. Divide into bowls and top each with more apples, pecans, almond butter and milk, if desired.

***Makes 4 servings***

### Nutrition Facts

Apple Cinnamon Steel Cut Oats

Amount Per Serving (1 g)	
Calories 134	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Carbohydrates 16g	5%
Fiber 3g	12%
Sugar 3g	3%
Protein 3g	6%

\* Nutrition facts are provided as a courtesy using the WPRM recipe calculator. It is best to make your own calculations to ensure accuracy. We expressly disclaim any and all liability of any kind with respect to any act or omission wholly or in part in reliance on anything contained in this website. Percent Daily Values are based on a 2000 calorie diet.