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Steel Cut Apple Cinnamon Oats

Oatmeal should be a morning staple of every fitness enthusiast's diet. It's high in complex carbs, low in sugar, and provides a good dose of fiber. When it comes to oatmeal varieties, steel cut is best. It takes a while to cook it on a stovetop, but with an Instant Pot, it happens fast!

Serving Size: 1-1/2 cups

Serving Size: 3

Prep Time: 2 min.

Cook Time: 20 min.

Ingredients

1 cup steel cut oats

3 cups unsweetened almond milk

1/2 cup unsweetened applesauce

2 small apples, finely chopped

1/2 tsp cinnamon

1-2 tbs powdered Stevia (to taste)

1/4 cup chopped walnuts

Directions

1. Turn Instant Pot to porridge setting and lightly coat with cooking spray.
2. Add oats, almond milk, cinnamon, and Stevia to pot.
3. Close lid and cook on manual for 4 minutes.
4. Once the cooking is done and the pot beeps, use the natural pressure release method and let the oats sit about 10 more minutes.
5. When pressure is released, remove lid, stir in the applesauce and apples, and let stand for 5 more minutes without lid to thicken and soften the apples slightly. Top with walnuts before serving.