



Instant Pot Basic Oatmeal



1/4th of recipe (about 1 1/2 cups): 185 calories, 4g total fat (0.5g sat. fat), 235mg sodium, 30g carbs, 5g fiber, 1.5g sugars, 6.5g protein

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Prep: 5 minutes **Cook:** 25 minutes

Cool: 5 minutes



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Ingredients

2 cups unsweetened vanilla almond milk
2 cups old-fashioned oats
5 packets natural no-calorie sweetener (like Truvia)
1 tbsp. vanilla extract
2 tsp. cinnamon
1/4 tsp. salt

Directions

In an Instant Pot sprayed with nonstick spray, combine milk, oats, sweetener, vanilla extract, and seasonings. Add 4 cups water. Mix well.

Seal with lid. Press Manual/Pressure Cook, and set time for 6 minutes.

Once cooked, press Keep Warm/Cancel. Let sit for 5 minutes. (The longer it sits, the thicker it gets!)

Vent to release steam. Gently stir before serving.

MAKES 4 SERVINGS

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