

Pressure Cooker Pumpkin Oatmeal

8 ingredients · 20 minutes · 2 servings



Directions

1. Combine the oats, water, milk, pumpkin, maple syrup, and pumpkin pie spice in the pressure cooker. Close the lid and set to "sealing". Press manual/pressure cooker and cook for two minutes on high pressure.
2. Once the cooking time is complete, allow the pressure to naturally release for 10 minutes, then carefully quick release any remaining pressure.
3. Divide the oatmeal into bowls and top with yogurt and seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Additional Toppings

Top with granola, banana, nut butter and/or maple syrup.

Ingredients

- 1 cup Oats (rolled)
- 1 1/3 cups Water
- 1 cup Unsweetened Almond Milk
- 3/4 cup Pureed Pumpkin
- 2 tbsps Maple Syrup
- 3/4 tsp Pumpkin Pie Spice
- 1/2 cup Unsweetened Coconut Yogurt
- 2 tbsps Pumpkin Seeds