

# Peaches and Cream Steel Cut Oats with Cinnamon Maple Drizzle

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*Power through your day with this hearty, healthy, and flavorful breakfast. Both pressure cooker and slow cooker methods included.*

## Steel Cut Oats

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### Ingredients:

- 1 ½ cups steel cut oats
- 6 cups water
- pinch of salt
- ¼ cup chia seeds

## Cinnamon Maple Drizzle

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### Ingredients:

- ½ cup pure maple syrup
- 2 teaspoons cinnamon

## Extras

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- Peach Compote
- Frozen Whipped Cream Dollops

### Directions for Pressure Cooker method:

Add oats, water, and salt to the pressure cooker pot and stir. Secure the lid and turn pressure release knob to the pressure position. Press the Pressure Cook button once for high pressure and use the + button to adjust to 10 minutes. Press start to begin cooking.

While oats are cooking, combine maple syrup and cinnamon in a small jar with a tight fitting lid and shake vigorously to combine. Set aside.

When pressure cooking is complete, use a natural release for 10 minutes (can also use a full natural release, if not in a hurry). If liquid sprays through the valve, either place a towel over the top of the valve or turn back to a sealed position and allow to cool for 5-10 more minutes.



**Prep: 5 minutes**  
**Pressure: 10 minutes**  
**Total: 30-40 minutes**  
**Pressure Level: High**  
**Release: 10 minute natural release**  
**Serves: About 6**

## Directions continued:

Sprinkle chia seeds over the top and stir in quickly so they don't clump together. Place the lid back on the pot and let sit for 5- 10 minutes to allow chia seeds to swell.

To serve, warm the Peach Compote in the microwave or on the stove top until nice and hot. Scoop oatmeal into a bowl, top with a Frozen Whipped Cream Dollop, cover with peach compote, and then drizzle with Cinnamon Maple Drizzle.

## Directions for Slow Cooker method:

Add oats, water and salt to the pressure cooker pot and stir. Secure the lid and turn pressure release knob to the steam position. Press the Slow Cook button twice for low slow cooking and using the + button to adjust time to 7 hours. Press start.

When cooking is complete, sprinkle chia seeds over the top and stir in quickly so they don't clump together. Place the lid back on the pot and let sit for 5-10 minutes. Serve as directed above.