

Instant Pot Steel Cut Oats

Creamy steel cut oats cooked pot-in-pot in a bowl set over water — no sticking, no scorching, no stirring.

PREP	COOK	TOTAL	SERVES
2 min	8 min	25 min	4

INGREDIENTS

1 cup steel cut oats (not rolled or quick)	1 dash kosher salt (optional)
1 cup water (plus 1½ cups for the pot)	¼ cup ground flaxseed (optional)
2 cups dairy or non-dairy milk	

METHOD

- 1 Pour 1½ cups of cold water into the inner pot and set the trivet in.
- 2 In a 7-cup heat-safe stainless bowl or 7×4 inch cake pan, stir together the oats, 1 cup water, the milk, salt and flaxseed if using. (Pyrex is no longer rated for pressure cooking — use metal.)
- 3 Set the bowl on the trivet, lock the lid, valve to sealing, and pressure cook on high for 8 minutes.
- 4 Let the pressure release naturally for 10 minutes, then vent the rest.
- 5 Lift the bowl out and serve with whatever toppings you like.

NOTES

The pot-in-pot method is what prevents the milk scorching against the base.

Leftovers keep 5 days refrigerated and reheat with a splash of milk.

Per serving — Calories: 271 kcal · Carbs: 41 g · Protein: 12 g · Fat: 6 g · Sodium: 40 mg · Fiber: 7 g · Sugar: 4 g

Adapted from A Mind Full Mom · <https://amindfullmom.com/instant-pot-steel-cut-oats/> · Potbelly, typeset