

Pumpkin Spice Steel Cut Oats

Pumpkin is a healthy, nutritious fruit - don't wait till fall to enjoy it! I love the warm and comforting pumpkin pie spice flavors in these oats. Leftovers are great when eaten cold as a snack!

Ingredients

- 2 to 2½ cups water (depends on how mushy you like your oats)
- 1 cup steel cut oats
- ½ cup pumpkin puree
- 1 ripe banana
- 2 -3 teaspoons of pumpkin pie spice
- 1 teaspoon vanilla
- Pinch of salt
- ¼ cup raisins
- 2-3 Tablespoons pecans
- Maple syrup (optional for extra sweetness)



Instructions

1. Toast Pecans in toaster oven for 2-5 minutes at 350 - watch closely they cook fast!
2. Combine steel cut oats, water, pumpkin puree, banana (mashed), pie spice, vanilla, and pinch of salt in your instant pot. Set to 5 minutes and let pressure release naturally.
3. When cook cycle is complete open lid and add raisins.
4. Portion into bowls and top with toasted pecans and maple syrup if desired. Enjoy!

Leftovers are a great easy breakfast for your week. Store in sealed container in refrigerator for 4-5 days.

No pressure cooker?

1. Toast Pecans in toaster oven for 2-5 minutes at 350 - watch closely they cook fast!
2. In a pot combine steel cut oats, banana (mashed), 3 cups water and pinch of salt. Bring to boil, cover, and reduce heat to medium and cook for 10-15 minutes.
3. Add pumpkin puree, pie spices, vanilla and cook 5 minutes more.
4. Remove from heat and stir in raisins.
5. Portion into bowls and top with the toasted pecans and maple syrup if desired. Enjoy!