

Apple Cinnamon Oatmeal (Bars)

This recipe makes 6 cups of oatmeal to make about 20 bars



Ingredients

1 cup steel-cut oats
1 ½ cups water
1 ½ cups milk or protein powder mixed with water
1 ½ tsp cinnamon
½ tsp nutmeg
½ tsp ginger
1 tsp vanilla
3 apples

Directions:

1. Peel and dice the apples
2. Combine all ingredients in a pressure cooker and mix well.
3. Set the pressure cooker to high pressure for 4 minutes, then allow it to naturally release.
4. Spread the mixture evenly on a parchment-lined tray.
5. Push dividers into the tray, setting them to the desired bar size. (we like 20 portions for bar size and 40 portions for bite size)
6. Cover with a lid and freeze until completely solid.
7. Freeze dry (my cycle time was 28 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ½ cup of warm water to 2 portions of a 20-portion tray (each containing about ¼ cup of oatmeal). Let it sit for a few minutes to rehydrate.

Notes:

Place the dividers based on how you want to portion the oatmeal—either for easy rehydration or as a grab-and-go snack bar. These make excellent snack bars.

You can also mix in ingredients like raisins or cranberries and adjust the flavors to suit your taste.

Nutritional Value Per 1 cup of oatmeal

Calories: 137 Protein: 3 g Fat: 3 g Carbohydrates: 27 g Sugar: 17 g Fiber: 3.5 g