

# Pumpkin Spice Steel Cut Oats

This recipe will make 4 medium trays\*

[Adventures in Freeze Drying's: Pumpkin Spice Steel Cut Oats Freeze Dried](#)

## Ingredients:

1 C Pumpkin Puree
1 ½ C Steel Cut Oats
1 Tbsp Cinnamon
2 Tbsp Pumpkin Pie Spice
½ tsp Sea Salt
½ C Brown Sugar
½ C Raisins
3 C Water
3 C Milk
4 C Water (to thin before putting onto trays) (1 C per tray)



## Directions:

1. Add all ingredients to your instant pressure cooker, and mix together well.
2. Set pressure cooker to High Pressure for 30 minutes, let pressure cooker naturally release when done.
3. Add more water and stir
4. Spread evenly across trays, using dividers to help set portions.
5. Cover with a lid and freeze until frozen solid
6. Remove lids and Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

<b>Cycle Time:</b> about 27 hours	<b>Rehydration:</b> ½ - ¾ C boiling water per 4/10ths squares (medium tray squares)
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Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray