

# Pumpkin Spice Steel Cut Oats

*This recipe makes 18 cups of oatmeal*



## Ingredients

**1 cup** pumpkin puree  
**1 ½ cups** steel-cut oats  
**1 tablespoon** cinnamon  
**2 tablespoons** pumpkin pie spice  
**½ teaspoon** sea salt  
**½ cup** brown sugar  
**½ cup** raisins  
**3 cups** water  
**3 cups** milk of choice  
**3 additional cups** water to thin before adding to trays

**We prefer to use an instant pot for this recipe, but you could also cook it on the stovetop**

## Directions:

1. Add all the ingredients to the instant pot except for the last 3 cups of water
2. Stir all ingredients together thoroughly to ensure even distribution.
3. Secure the lid and set the Instant Pot to High Pressure for 30 minutes. Allow the pressure to release naturally
4. Stir it and then mix in 3 additional cups of water
5. If you use a stovetop, add water and milk to a saucepan, boil, reduce heat, and add the rest of the ingredients. Cook for about 20 minutes or until the oatmeal is cooked then add the additional 3 cups of water before adding to the trays
6. Spread the oatmeal evenly on your trays (about 5-6 cups per tray)
7. Place dividers (if you choose). We used 10 portions
8. Pre-freeze before Freeze Drying, when possible
9. Freeze Dry (my cycle time was 27 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

**Rehydration With divider portions:** Add ½ cup of boiling water to 2 of your 10 portion squares. Cover and let it sit for 5 minutes. Stir and enjoy

**Rehydration Without dividers:** Add about 1 cup of boiling water to 2 cups of freeze-dried oatmeal chunks. Cover and let it sit for 5 minutes. Stir and enjoy

## Nutritional Value for approximately 1 cup serving before freeze-drying

Calories: 136 Protein: 4 g Fat: 2 g Carbohydrates: 25 g Fiber: 3 g Sugar: 13 g  
[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)