

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 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 Sugar: 13 g Fiber: 3 g