

# Hot Apple Pie Oatmeal

*This recipe makes about 6 cups*



## Ingredients

**1 cup** steel-cut oats  
**1 ½ cups** almond/soy/milk  
**1 ½ cups** water  
**¼ cup** raisins or cranberries  
**3 large** apples  
**1 ½ tsp** cinnamon  
**½ tsp** nutmeg  
**1 tsp** vanilla  
**½ tsp** ginger

## Directions:

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

1. Core and chop the apples
2. Add all the ingredients to the instant pot and stir
3. Set the instant pot to high pressure for 4 minutes. Allow natural release
4. Stir oatmeal to incorporate the spices and apples evenly
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
6. Add parchment paper to your trays
7. Spread the oatmeal evenly on your trays
8. Place dividers (if you choose). We like to use 10 portions per tray
9. Pre-freeze before Freeze Drying, when possible
10. Freeze Dry (my cycle time was 38 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Use 2 of your 10 divider portions to a bowl or about 2 cups of chunky freeze-dried oatmeal. Add 1 cup of boiling water. Cover for about 5 minutes. Stir and adjust consistency as needed. Enjoy.

**Notes:** These also make great snack bars without rehydrating.

## Nutritional Value Per 1 cup of noodles and 3/4 cup of meat sauce

Calories: 190 Protein: 32 g Fat: 6 g Carbohydrates: 16 g Sugar: 4 g Fiber: 2 g