



## **Natural Life Consulting, LLC**

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### **ORGANIC STEEL CUT OATMEAL PREPARATION**

#### **In the evening:**

Combine one part oats with two parts room temperature water in pressure cooker pot.

Cover the pressure cooker and let sit out overnight.

#### **Next morning:**

Uncover the pot and stir well. Close and lock lid.

Pressure cook 5 minutes high pressure. When finished, let pressure come down naturally. Carefully open the lid away from you.

Store oatmeal in the refrigerator or freezer.

Heat up desired amount in a toaster oven.