



Peaches 'n Dream Oatmeal



1/4th of recipe (1 heaping cup): 245 calories, 5.5g total fat (0.5g sat. fat), 235mg sodium, 40g carbs, 8.5g fiber, 7.5g sugars, 8g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 30 minutes

Cool: 10 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

Ingredients

2 cups chopped peaches (fresh or thawed from frozen)
2 cups unsweetened vanilla almond milk
1 cup steel-cut oats
5 packets no-calorie sweetener (like Truvia)
1 1/2 tbsp. chia seeds
1 tbsp. vanilla extract
2 tsp. cinnamon
1/4 tsp. salt

Directions

Spray the inner pot of the Instant Pot with nonstick spray.

Add all ingredients plus 1 cup water, and mix well.

Top with the lid, aligning the lid arrow with the arrow marked Open. Rotate until aligned with the Close arrow. Set the pressure release valve to the Sealing position.

Press Manual/Pressure Cook, and set time for 13 minutes. (The Instant Pot will preheat for 10 - 15 minutes.)

Press the Keep Warm/Cancel to turn off Instant Pot. (Don't leave it in Keep Warm mode. Your oatmeal might burn.) Let cool down naturally for 10 minutes.

Turn the pressure release valve to the Venting position. (This will release any remaining pressure/steam.) Holding the lid handle, turn to the Open position and lift.

Gently stir before serving.

MAKES 4 SERVINGS

HG Tip: If starting with frozen peaches, make sure no sugar has been added.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

