



INGREDIENTS

- ½ Cup Steel Cut Oats (uncooked)
- 1 Cup Unsweetened Almond Milk
- 1 Cup Water
- 1 Cup Frozen Kale (chopped)
- 1 Tablespoon Miso Paste
- 4 Tablespoons Nutritional Yeast
- 1 Teaspoon Tamari
- 1 Tablespoon Tahini
- ½ Cup Avocado (diced)
- ½ Cup Green Onions (sliced)

DIRECTIONS

1. Place the oats, water and almond milk in your instant pot and cook for 8 minutes. When the oats have finished cooking, allow the pressure to automatically release for 6 minutes, then manually release.
2. Set your instant pot to saute, and stir in the frozen kale, miso paste, tahini, tamari and nutritional yeast. Cook while stirring for 2-3 minutes to heat up the frozen kale.
3. Place the oats into bowls and top with avocado and green onions.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

MEAL TYPE

 Breakfast

YIELD

5 Cups

PORTION SIZES

Toddler:	½ Cup
Preschool:	1 Cup
School Age:	1 Cup
Adult:	2 Cups