

# Slow Cooker, Apple Cinnamon Steel Cut Oatmeal

Servings: 7 (3/4-cup) servings

## Ingredients

- 2 apples, peeled, cored, cut into 1/2-inch pieces (2-1/2 to 3 cups chopped)
- 1-1/2 cups almond milk
- 1-1/2 cups water
- 1 cup uncooked **steel-cut oats**
- 2 tablespoons brown sugar
- 1- tablespoons butter, cut into pieces (**this is optional**)
- 1 teaspoon cinnamon
- 1 tablespoon ground flax seed
- 1/4 teaspoon salt

Optional garnishes: chopped nuts, raisins, maple syrup, coconut flakes

## Directions

Coat inside of 3-1/2 quart (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for approx. 7 hours (slow cooker times can vary). Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

To reheat single servings: Put 1-cup cooked oatmeal in microwave proof bowl. Add 1/3 cup almond milk or water. Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.

Recipe can be doubled in 6-quart or larger slow cooker. Increase cooking time 1 hour.

Nutritional Info (per 3/4 cup serving): 149 calories, 3.6g fat, 27.3g carbs, 3.9g fiber, 4.9g protein