

Crock Pot Strawberry Cream Overnight Oatmeal

Strawberry Overnight Crockpot Oatmeal

2 cups steel cut oats

6 cups water

2 cups milk of choice (I use almond)

1 cup 2% Greek yogurt (or coconut if dairy free)

2 cups strawberries (save 1/2 for the toppings)

1 TBS Vanilla Extract

1 TBS Maple Syrup (pure) or Honey (Raw)

1-2 TBS Finely Ground Flaxseeds

Combine all ingredients in your crock pot (save 1/2 strawberries for toppings). Give it a good stir!

Set it on low for 6 hours (more firm) or on 8 hours (softer). You can also set it on high for 2-3 hours.

Top with yogurt, peanut butter and strawberries! Enjoy!