

Slow Cooker Apple Cinnamon Oatmeal

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Slow Cooker Steel-Cut Apple Cinnamon Oatmeal. Set and forget it and wake up to a delicious healthy breakfast.

Container Equivalents

$\frac{1}{2}$ Purple ☐

2 Yellow ☐

INSTRUCTIONS

- Nonstick cooking spray
- $1\frac{1}{2}$ cups water
- $1\frac{1}{2}$ cups unsweetened almond milk
- 3 cups dry steel-cut oats
- 5 small apples chopped
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)
- 1 tsp ground cinnamon
- 2 Tbsp. pure maple syrup

- 2 Tbsp. ground flax seed

INGREDIENTS

1. Lightly coat inside of slow cooker with spray.
2. Add water, almond milk, oats, apples, salt, cinnamon, maple syrup, and flaxseed; mix well. Cook for 5 to 7 hours on low (or 2 to 3 hours on high), or until edges are brown but not burned.

ENJOY!