

**Slow Cooker Banana Bread
Overnight Oats**

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It's super simple to make. Just pour all of the ingredients into a slow cooker before you go to bed. In the morning,

you'll wake up to the wonderful smell of banana bread!

If you're one of those people who leaps out of bed at the first twinkle of the alarm, you might consider the additional, but worthwhile, step of toasting the walnuts you'll sprinkle on your Banana Bread Oatmeal. Simply heat a dry pan on the stove and toss in the walnuts. Gently shake the pan as they cook, until the nuts smell... well, nutty... then immediately remove them from the heat.



Slow Cooker Banana Bread Oatmeal

Prep Time 10 minutes

Cook Time 8 hours

Total Time 8 hours 10 minutes

Servings 6 servings, about 3/4 cup each

Ingredients Slow Cooker Banana Bread Oatmeal

- 3 cups water
- 4 cups unsweetened almond milk
- 1 cup dry steel-cut oats (I love McCann's Steel Cut Oats from Ireland)
- 3 large ripe bananas , mashed
- 6 Tbsp . ground flaxseed
- 1 tsp . ground cinnamon
- $\frac{1}{2}$ tsp . ground nutmeg
- $\frac{1}{4}$ cup pure maple syrup
- 6 Tbsp . chopped raw walnuts (optional)

Instructions Slow Cooker Banana Bread Oatmeal

1. Place water, almond milk, oats, bananas, flaxseed, cinnamon, and nutmeg in a 3-quart slow cooker; cover. Cook on low for 6 to 8 hours, or until oats are soft but chewy.
2. Top each serving evenly with maple syrup, walnuts, and remaining almond milk; serve immediately.

Nutritional Information (per serving):

Calories: 326

Total Fat: 12 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 316 mg

Carbohydrates: 49 g

Fiber: 8 g

Sugars: 18 g

Protein: 9 g

Portion Fix Containers1 Purple

2 Yellows

$\frac{1}{2}$ Blue

$\frac{1}{2}$ Orange

$\frac{1}{2}$ tsp.

Original recipe for Slow Cooker Banana Bread Oatmeal: <https://www.beachbodyondemand.com/blog/slow-cooker-banana-bread-oatmeal>