

# Slow Cooker Oatmeal

## Ingredients:

- 2 apples peeled and cored cut into small pieces (about 3 cups)
- 1 1/2 cups milk
- 1 1/2 cups water
- 1 cup uncooked steel cut oats
- 2 tbsp brown sugar
- 1 1/2 tbsp butter cut into 6 small pieces
- 1/2 tsp cinnamon

## Directions:

1. Coat the inside of the slow cooker with cooking spray (this is a crucial step or it will stick to the sides).
2. Add all ingredients, stir and cover and cook on low for about 7 hours. This recipe makes 7 servings (3/4 cup is one serving).
3. Grab some optional toppings such as blueberries, chopped pecans, raisins and a bit more brown sugar to sprinkle on top. Really, the add on options are endless so add whatever toppings you'd like.

The leftovers can be refrigerated and reheated (just add some milk or water to it).

So simple and now you have a healthy breakfast all week that can be made in just one night

Enjoy! 😊