

Slow Cooker Cinnamon and Apple Oatmeal



Ingredients

- 3 large honeycrisp apples, chopped
- ½ Tbsp. cinnamon
- 2 Tbsp. agave nectar
- 3 Tbsp. brown sugar
- 2 cups steel cut oats
- 4 cups water
- Chopped walnuts (optional)
- Vanilla almond milk (optional)

Directions:

1. Place the apples in a large slow cooker.
2. Add the cinnamon, brown sugar and agave nectar.
3. Next, top with steel cut oats, followed by water.
4. Cook on low for 8.5 to 9 hours or until the oatmeal has reached the desired consistency.
5. When serving, sprinkle with chopped walnuts. Add a little vanilla almond milk if desired.
6. Serve and enjoy!

*Yield 10 servings, serving size: 1 serving. Calories: 160.
Fat: 2 g. Cholesterol: 0 mg. Sodium 4 g. Carbohydrates: 30 g.
Fiber: 4 g. Sugar: 8 g. Protein: 4 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide.*