



Making breakfast overnight in your slow cooker is a great way to make it easier to get up and out the door in the hustle and bustle of the mornings.

However, slow-cooked oatmeal has been known to stick to the side of the slow cooker and burn. Not great for the morning rush! This recipe, adapted from Five Heart Home, avoids the burn by using a water bath and inserted baking dish to keep the oatmeal smooth and cooking slowly all night long.

Use this **RECIPE** below.



## Slow Cooker Apple Pie Oatmeal

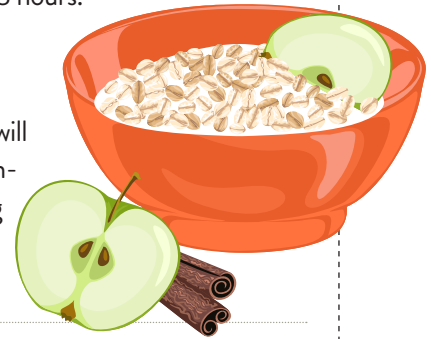
### INGREDIENTS

- + 1 cup steel cut oats
- + 2 medium apples, diced (peeled or unpeeled)
- + 1 cup apple juice
- + 1 cup water
- + 2 cups milk (or plant-based milk, like oat-milk)
- + ¼ to ½ cup real maple syrup
- + 2 tsp pure vanilla extract
- + 2 Tbsp ground cinnamon
- + ¼ tsp ground nutmeg
- + ¼ tsp salt
- + toasted pecans or walnuts, fresh apples, cinnamon, or maple syrup, for topping

### INSTRUCTIONS

Find an oven-safe baking dish that will fit inside your slow cooker. Look for one that is deep enough for all of the oatmeal ingredients.

1. Add all of the ingredients to the baking dish and stir to combine.
2. Carefully place baking dish down in slow cooker and slowly pour water into the bottom of the slow cooker (not into the baking dish) until its level is about 1 inch below the top of the baking dish. Cover and cook on LOW for 8 hours. Stir before serving.
3. Be careful: The water inside the slow cooker will be very hot in the morning. We suggest serving the oatmeal directly from your slow cooker.



### NUTRITIONAL INFO

**SERVINGS** 6-8 | **CALORIES** 338 | **% DAILY VALUE\*** Carbohydrates: 68g | Protein: 7g | Fat: 5g | Saturated Fat: 2g | Cholesterol: 8mg | Sodium: 140mg | Potassium: 346mg | Fiber: 5g | Sugar: 43g | Vitamin A: 165IU | Vitamin C: 3.5mg | Calcium: 173mg | Iron: 1.4mg

**EXCELLENT SOURCE OF:** Potassium, Fiber, Vitamin A, Calcium

**GOOD SOURCE OF:** Vitamin C, Iron

[nutritional category not listed equals zero]

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs



Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



*Slow Cooker  
Apple Pie Oatmeal*  
**SHOPPING LIST**

**PRODUCE**

- 2 medium apples

**PANTRY**

- steel cut oats
- milk (or plant-based milk like oat milk)
- apple juice
- maple syrup
- vanilla extract
- cinnamon
- nutmeg
- salt
- pecans and/or walnuts

**TOOLS**

- baking dish, and slow cooker