

Slow Cooker Overnight Steel Cut Oats



Oatmeal Base Recipe:

- 2 cups milk or almond milk
- 1 1/2 cups water
- 1 cup uncooked steel-cut oats
- 3 tablespoons Food Club brown sugar
- 2 tablespoons Food Club butter
- 1 tablespoon ground flax seed
- 1/4 teaspoon Food Club salt

Apple Pie Steel Cut Oats

- 1 tablespoon Food Club cinnamon
- 1/2 teaspoon apple pie spice
- 2 apples, peeled, cored, cut into 1/2-inch pieces (2 1/2 to 3 cups chopped)

Cherry Almond Steel Cut Oats

- 1/2 cup Food Club unsweetened applesauce
- 3/4 cup dried cherries
- 1 teaspoon almond extract

Generously coat the inside of slow cooker with cooking spray. Add all ingredients for the oatmeal base recipe to slow cooker. Stir to combine. Add additional ingredients depending on which flavor of oatmeal you are making. Stir to mix, cover, and cook on low for approximately 6-7 hours (slow cooker times can vary). Serve with additional milk, brown sugar, maple syrup, and/or toasted nuts.

Recipe can easily be doubled in a 6-quart or larger slow cooker. Increase cooking time by 1 hour.