

Apple Cinnamon Steel-Cut Oatmeal

Ingredients:

- 2 apples cut into 1/2 inch pieces (I leave the peels on)
- 1 1/2 cups milk (or substitute non-dairy alternative like almond milk)
- 1 1/2 cups water
- 1 cup uncooked steel-cut oats
- 2 tablespoons brown sugar (or substitute maple syrup or honey)
- 1 1/2 tablespoons butter, cut into 5-6 pieces (optional)
- 1/2 teaspoon cinnamon
- 1 tablespoon ground flax seed (optional)
- 1/4 teaspoon salt
- Optional garnishes: chopped nuts, raisins, maple syrup

I also add a mashed banana and 1 teaspoon of almond extract

Directions:

Coat inside of 3 1/2 quart (or larger) slow cooker with cooking spray (I use coconut oil). Add all ingredients (except optional garnishes) to slow cooker. Stir, cover, and cook on low for approx. 7 hours. Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

Recipe can be doubled in larger slow cooker. Increase cooking time by 1 hour.
Recipe by The Yummy Life.