

You can make this the night before and breakfast is ready in the morning. Add fruit, thin cut almonds, coconut or any of your favorite things you like to add to your oatmeal.

INGREDIENTS

- 1cup steel cut oats (DO NOT substitute old-fashioned or quick-cooking oats)
- 4 ½ cups water
- ½ teaspoon salt
- 2 -3 tablespoons butter
- ½ cup dried fruit (raisins, prunes, apricots, dates) (optional)

SERVE WITH

- milk, to taste
- sugar, to taste
- cinnamon, to taste
- maple syrup, to taste



INSTRUCTIONS

1. Place all ingredients in a 2-quart slow cooker. (If you want to make a smaller amount please use a smaller crock-pot or crockette. This will not work in a 6-quart cooker).
2. Cover and cook on LOW 6-8 hours.
3. It might form a "crust" around the outside. Just scrape it down with a spoon and stir.
4. Enjoy!

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://www.food.com/recipe/steel-cut-oatmeal-for-the-crock-pot-101101>

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 130 g		Total Fat 11.4g	18%	Total Carbohydrates 42g	14%
1 serving (4.6 oz)		Saturated 6g	30%	Dietary Fiber 5g	20%
		Trans Fat 0.3g		Sugars 12g	
Calories 290		Cholesterol 23mg	8%	Protein 7g	15%
From fat 99		Sodium 363mg	15%		
<i>HappyForks.com</i>		Calcium 4% • Iron 12%		Vitamin A 5% • Vitamin C 1%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://www.food.com/recipe/steel-cut-oatmeal-for-the-crock-pot-101101>