

## Crock Pot Steel Cut Oats

Makes 4 Servings

### Ingredients

1 cup steel cut oats  
4 cups water  
1 tsp vanilla  
Pinch of salt  
¼ - ⅓ tsp cinnamon

### Possible Toppings:

- skim milk, soy milk, rice milk, or almond milk (if you prefer it thinner)
- fresh or frozen blueberries, blackberries, strawberries or raspberries
- chopped nuts
- smidge of honey, maple syrup or Stevia

### Directions

1. Add first 5 ingredients to the crock pot.
2. Cover and cook on Low for 8 hours.
3. Add desired toppings.

**Nutrition Information per Serving (without toppings):** Calories: 170, Total Fat: 3gm, Saturated Fat: 0.5gm, Trans Fat: 0gm, Cholesterol: 0mg, Sodium: 150mg, Carbs: 29gm, Fiber: 5gm, Protein: 7gm

