

slow cooker steel cut oats

SERVES 4

COOK TIME: 8 hours

1 cup steel cut oats, dry
4 cups liquid (water, milk, non-dairy milk)
Pinch of salt

Toppings of choice:

- ◇ Berries
- ◇ Cinnamon
- ◇ Raisins and/or
- ◇ Drizzle of Honey

PLUS

- ◇ Toasted Coconut
- ◇ Nuts or Seeds
- ◇ Natural Nut Butter
- ◇ Clean Protein Powder

PLACE all ingredients into a slow cooker.

COVER and cook on low for 8 hours or on high for 4 hours.

ADD toppings of choice and enjoy!

MAKE IT A MEAL: Be sure to add adequate protein and/or healthy fats! Add 1-2 Tbsp of nuts, seeds or nut butters or a scoop of protein powder to the oats themselves OR pair oatmeal with eggs or plain Greek yogurt.

