

Crockpot Oatmeal (No Sugar Added!)



4



5 min



8 hours



Difficulty

INGREDIENTS

- 2 cups steel cut oats
- 6-8 cups water, depending on how long the oatmeal will cook
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2 apples, peeled and diced
- 1 cup raisins
- 1 cup sliced bananas
- 1/2 cup chopped walnuts

INSTRUCTIONS

1. Spray crockpot with nonstick cooking spray.
2. If you are planning to cook the oatmeal 8 hours or longer, use 8 cups of water. If you want to cook it less than 8 hours use only 6 cups of water.
3. Put all ingredients besides bananas and walnuts in the crockpot and cook on low.
4. Just before serving stir in the bananas and walnuts.