

Sarah's Healing Touch

Crockpot Oatmeal

This oatmeal is such a hit as far as taste. The thing that I love most about it though is being able to wake up to having breakfast already done and the kitchen smelling yummy. What a great way to start the day!



Ingredients:

- 2 cups steel cut oats (not instant or rolled oats)
- 6-8 cups water, depending on how long the oatmeal will cook
- 1 tsp. cinnamon
- 1/2-cup sucanat
- 1 tsp. vanilla
- 2 apples, peeled and diced
- 1-cup raisins or cranberries
- Coconut oil

Toppings:

- 1 cup sliced bananas
- 1/2 cup chopped walnuts or pecans
- Shredded coconut

Directions:

Spray Crockpot with coconut oil. If you're 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 6 cups of water. Put all the ingredients in the Crockpot except toppings. Just before serving, stir in bananas, nut of choice, and coconut if desired. Sprinkle with additional sucanat and cinnamon if desired.

Rejuvenate Refresh Relax