

SLOW COOKED MAPLE CINNAMON OATMEAL

Ingredients

- 3 cups old-fashioned oats
- 2 cups milk (regular or plant-based)
- 4 cups water
- 1/3 cup pure maple syrup
- 2 Tbsp cinnamon
- 1/2 tsp salt

Directions

1. Combine all ingredients in the slow cooker. The cinnamon should be wet but will float on top.
2. Cook on low for about 4 hours. About 2 hours into cooking, lift the lid and stir to mix the cinnamon in, then replace the lid and continue cooking for the remainder of the time.

*Notes:

- Old-fashioned oats work best for slow cooker oatmeal because they hold their shape and texture well during the long cooking process.
- To prevent the oatmeal from sticking to the sides and bottom of the slow cooker, lightly grease it with cooking spray or a small amount of butter.
- You can use other sweeteners like honey, brown sugar, or agave syrup instead of the maple syrup.
- About 30 minutes before the oatmeal is done, you can add various toppings and add-ins like chopped nuts, dried fruits, fresh berries, or sliced bananas. This adds texture and extra flavor.
- For creamier oatmeal, use more milk and less water.

Serves 8