



## STEEL CUT OATS – CROCKPOT OR INSTAPOT

### INGREDIENTS

- 1.5 cups steel cut oats
- 6 cups unsweetened almond milk
- 1/3 cup maple syrup or honey or you can use artificial sweetener – added after cooking to taste.
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1/8 teaspoon sea salt

### INSTRUCTIONS

1. First, spray a slow cooker with nonstick cooking spray. Place all ingredients in a Crockpot or Instapot.
2. Cover and turn slow cooker to low and cook for 8 hours (overnight) OR cook in an Instapot for 10-15 minutes.
3. If possible, periodically stir steel cut oats every once in a while to prevent sticking.
4. Once your oatmeal is done cooking, stir with a wooden spoon for 90 seconds to 2 minutes or until it's become thick and well-combined.
5. Add artificial sweetener to taste if you left out the honey/syrup.
6. Serve plain or with your favorite berries and chopped nuts.

**NOTES:** store in an airtight container in the refrigerator for up to 5 days.

## NUTRITION

- **Serving Size:** 1 Cup prepared
- **Calories:** 234 (made with honey/maple syrup) 170 without
- **Carbs:** 44 g (made with honey/maple syrup) 26g without
- **Fiber:** 5 g
- **Sodium:** 174 mg
- **Carbohydrates:** 30
- **Fiber:** 4
- **Protein:** 5