

No-Sugar Added Steel Cut Oats

Ingredients:

- 2 medium apples, chopped
- 1 cup raisins
- 2 cups steel cut oats
- 4 cups water
- 2 cups almond milk, unsweetened
- 2 medium ripe bananas, mashed
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt



*VEGAN



*GLUTEN-FREE

Nutrition Facts

9 servings per container	
Serving size	1 cup (278g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	21%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 133mg	10%
Iron 2mg	10%
Potassium 401mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Place all of the ingredients besides the toppings into a 4- to-6 quart slow cooker and stir to combine.
2. Cover and cook on low for 6 hours or on high for 4 hours, until the oats are soft. Stir every once in a while.
3. Remove cover and stir evenly to combine. Enjoy warm with desired toppings.

Recipe by Maggie Carneiro, Dietitian