

Overnight Spiced Oatmeal

PREP TIME:

10 minutes

COOKING TIME:

HIGH: 4 hours
LOW: 8 - 10

SERVES:

8

INGREDIENTS:

2 cups steel cut oats

1 Sweet & Spicy Blend

½ packed cup light brown sugar or maple syrup

4 cups milk (or half & half / almond milk / coconut milk)

4 cups water

½ tsp salt

optional

stir in some half and half when serving for a creamy version

PREPARE:

mix the oats, Sweet & Spicy blend, milk, water and salt in your slow cooker insert

stir, cover and cook on LOW for 8 - 10 hours/overnight

serve the oatmeal with a variety of toppings; dried fruit, nuts, shredded coconut, fresh blueberries, fruit preserves, ginger marmalades

