

Overnight Steel-Cut Oats

(Makes 4 servings)

Steel cut oats are a favorite fiber-rich, filling breakfast food to start off the day. Letting your slow-cooker do the work, overnight, will save precious morning time and will awaken you to a kitchen filled with autumnal aromas. Use of a slow-cooker liners can make clean-up a snap.

Ingredients:

- 1 cup steel cut oats
- 2 apples cut in small cubes (or 1 cup dried fruit + extra 1/2 cup water)
- ½ cup chopped walnuts
- 4 cups water
- 2 tsp. ground cinnamon
- 1/2 tsp. pure vanilla extract
- Optional: 1/3 tsp ground cloves



Directions:

- Combine all ingredients in slow-cooker, mix so ingredients are evenly distributed. Set slow-cooker on low setting, cover and cook for 8-9 hours.
- Spoon into bowls. May serve topped with a splash or milk (or milk alternative).