

Overnight oatmeal : Serves 6 - 1 cup servings

Combine:

3 cups milk

3 cups water

1 1/2 cups steel cut oats \*

1/4 cup brown cup or sweetener of choice

3/4 tsp salt \*

Add all to a 5-6 quart slow cooker.

Cover and cook overnight on LOW for 9 1/2 to 10 hours.

Spoon about 1 cup oatmeal in to bowl and top with items of choice.

Good toppings include coconut flakes, dried or fresh fruit, chocolate chips, maple syrup, nuts, chia seeds or cinnamon.

For a looser oatmeal add up to a cup of milk and stir till desired thickness.

