



Eat Well

Slow-Cooked Apple Cinnamon Oats

Ingredients

- » 4 cups skim milk
- » 1 cup steel cut oats
- » ½ tsp sea salt
- » ½ cup slivered almonds
- » 2 medium apples
- » 2 tsp cinnamon

Optional: ½ tsp of ginger, allspice, cloves, and/or nutmeg.

Directions

This hot and easy breakfast will keep you full all morning long. Plus, what's better than waking up to the aroma of warming spices?

Combine all ingredients in a 4-6 quart slow cooker. Cover with lid and cook on low for 7-8 hours or overnight.

Servings: 4

Nutrition information per serving:
Calories 378, Total Fat 10g,
Saturated Fat 1g, Sodium 423 mg,
Carbohydrates 57g, Fiber 9g,
Protein 18g.

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