

PUMPKIN SPICE SLOW COOKER OATS

INGREDIENTS

- Cooking spray (preferably canola or olive oil)
- 1 1/2 cup steel cut oats
- 1/4 cup flax meal
- 1/2 cup water
- 2 cups milk of your choice
- 1 can of pumpkin puree (100% pumpkin, not canned pumpkin pie mix)
- 2 teaspoons vanilla
- 2 teaspoons pumpkin pie spice
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups walnuts (optional)
- 1 1/2 cup raisins (or other dried fruit, optional)
- 1/2 cup wheat germ (optional)



DIRECTIONS

1. Coat slow cooker with **spray**. Add **oats, flax, water, milk, pumpkin, vanilla, spices** and **salt** to slow cooker. Stir until well-combined.
2. Cook on low for 6 - 8 hours.
3. Stir oats and divide into bowls. Add a splash of milk if it is too thick.
4. If using, top with **raisins, walnuts** and **wheat germ**.
5. Allow leftover oatmeal to cool. Refrigerate in a sealed container for up to a week. Reheat oatmeal on the stovetop or in the microwave before serving.

SERVES 6

TOOLS & EQUIPMENT

Slow cooker/Crockpot, measuring cups, measuring spoons, stirring utensil

GREAT ADDITIONS/SUBSTITUTIONS

For extra sweetness, lightly drizzle maple syrup. Try your favorite dried fruits instead of raisins, like apricots or apples.

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