



# ***Overnight Oatmeal with Apples and Maple Syrup***

*MyPlate2Yours - Lynn Dugan*

Serving Size: 6

## ***Ingredients***

2 apples, sliced and cut into 1/2 pieces  
1-1/2 cups low fat milk  
2 cups water  
1 cup uncooked steel-oats  
1 tablespoon brown sugar  
2 tablespoons of maple syrup  
1/2 teaspoon cinnamon  
1 tablespoon ground flax seed  
Optional toppings: Chopped nuts, maple syrup, additional milk

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## ***Directions***

If needed, coat inside of slow cooker with cooking spray. Add all ingredients (except toppings) to slow cooker. Stir, cover and cook on low for 7-10 hours  
Serve oatmeal into bowls. Add optional toppings. Enjoy!