



Overnight Oatmeal with Apples and Maple Syrup

MyPlate2Yours - Lynn Dugan

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

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!