



FOR YOUTH DEVELOPMENT®
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Make-Ahead Slow-Cooker Maple Oatmeal

YMCA of Northern
Rock County

Servings: 8

Ingredients:

4 cups (1 quart) unsweetened coconut milk (all types of milk work for this recipe)
3/4 cup pure maple syrup
1 teaspoon cinnamon
1/4 teaspoon salt
1 1/2 cups steel-cut oats

Directions:

Step 1 - Whisk milk, maple syrup, cinnamon, and salt together in a large mixing bowl.
Step 2 - Spray inside of slow cooker generously and evenly with non-aerosol avocado oil baking spray.
Step 3 - Pour oats in an even layer across bottom of slow cooker, then pour liquid over top.
Step 4 - Set slow cooker to cook on low for 7 to 8 hours.
Step 5 - The next morning: stir and serve with your favorite optional toppings.

Nutritional Information:

Calories: 212
Fat: 4.3g
Carbs: 40.7g
Protein: 4.2g

DID YOU KNOW?

Are mornings hectic for you? Then you're going to love this make-ahead, go-to-sleep-and-forget-it, oatmeal recipe! You may even have leftovers to warm up for another day that will be a great source of resistant starch!



This recipe is provided to you by Kelly Jones, Y Personal Trainer.

Recipe adapted from: <https://www.today.com/recipes/make-ahead-slow-cooker-maple-oatmeal-t75571>

