



Overnight Oatmeal

This is my go-to recipe because it gives me four mornings of breakfast and there is absolutely very little work because my slow cooker does the work for me. It is very healthy and filling.

Ingredients

5 Cups of water
1 1/2 Cups uncooked steel-cut oatmeal
2 teaspoon ground cinnamon
1 teaspoon [vanilla essence](#)

Suggested Toppings (optional)

Berries combo (strawberries, blueberries, raspberries, blackberries)

Walnuts and cinnamon

Shredded coconut and almonds

Banana slices with date syrup

Chia and flax seeds and raisins

Directions

Put all the ingredients in the [slow cooker](#), stirring to combine.

Cook, covered on low for 6 to 7 hours or until oats are tender and most of the water absorbed.

Note: I prepare mine just before going to bed usually around 10 pm! When I awake around 5 am, it's ready to be served. If it gets too thick I like to add 2 Tbsp milk but for a dairy-free (vegan) option you can use 2 Tbsp water! Try it with any of the toppings or a combination of any of the toppings listed above and let me know how you like it!





