



Slow Cooker Oatmeal with Apples and Raisins



Makes 8 servings

Ingredients

- nonstick cooking spray
- 3 medium apples, peeled and cut into 1/2-inch pieces
- 1/2 cup seedless raisins
- 2 1/4 cups fat-free milk
- 2 1/4 cups water
- 1 1/2 cups steel-cut oats
- 1 1/4 teaspoons ground cinnamon
- *optional toppings: brown sugar, maple syrup, butter, dried cranberries, dried cherries, walnuts, ground flaxseed

Directions

1. Spray the slow cooker with nonstick cooking spray. Add apples, raisins, milk, water, oats and cinnamon. Mix well. Cover and cook on low for 7 to 8 hours.
2. Add optional toppings, if desired.*
Serve warm.

*Option not included in nutrition facts.



MAIN DISH



TIP

This oatmeal is also great the next day! Store leftovers in the refrigerator or freezer in single servings. When reheating, add 1/4 to 1/3 cup milk to each serving and microwave on high for 1 minute. Stir and microwave on high for 1 more minute, or until oatmeal is cooked to your desired consistency. Add more milk, if needed.*

♥ = heart smart ✕ = low sodium (GF) = gluten free

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Nutrition Facts

Serving Size 1 cup (243g)
Servings Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 41g 14%

Dietary Fiber 5g 20%

Sugars 17g

Protein 7g

Vitamin A 4% • Vitamin C 6%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: 2 1/2