

NAME: *Banana Slow Cooker Overnight Steel Cut Oats*

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This recipe makes a big batch of slow cooker oatmeal, which I assure you will be happy to have on hand. Cooked overnight steel cut oats keep well in the refrigerator for days and in the freezer for months. To reheat, simply mix your desired portion of steel cut oats with a little water or milk and warm it in the microwave. I froze my leftovers in portioned containers, and I pull out a few at the beginning of each week. I love waking up knowing that I'm just a few minutes away from a warm, healthy bowl of steel cut oatmeal, with no work beyond lifting my spoon required.

Tools I used to make this recipe: 6 quart programmable slow cooker

Yield: Serves 6

Prep Time: 10 minutes

Total Time: 8 hours

Ingredients:

1.5 cups steel cut oats (do not substitute quick cooking, instant, or rolled oats), gluten free if needed

4 cups water

2 cups milk, any kind you like (I used skim)

2 large mashed ripe bananas, plus additional banana slices for serving

3 tablespoons ground flaxseed meal*

2 teaspoons pure vanilla extract

1 1/2 teaspoons ground cinnamon

1/2 teaspoon freshly grated nutmeg (it's an amazing flavor upgrade to grate your own nutmeg. I use this zester to do it.)

1/2 teaspoon kosher salt

For serving: chopped toasted walnuts, raisins, chocolate chips, maple syrup, peanut butter, or any other mix-ins you enjoy with banana bread

Directions:

Place all of the ingredients except the toppings in the bottom of a 4-to-6-quart slow cooker and stir to combine: Steel cut oats, water, milk, mashed bananas, flaxseed meal, vanilla, cinnamon, nutmeg, and salt. Cover and cook on low for 7-8 hours (overnight) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

Overnight steel cut oats can be refrigerated for up to 1 week or frozen for up to 2 months. To reheat, top desired amount with a few tablespoons of water or milk, then warm in the microwave or in a small saucepan until hot. If the oatmeal is frozen, let thaw overnight in the refrigerator first. *The ground flaxseed meal I added for a nutritional boost. If you don't have it or do not wish to add it, simply omit it. You can also substitute chia seeds or hulled hemp seeds.

Nutrition Facts:

Serving Size: 1 (of 6, without toppings)

Amount Per Serving:

Calories: 229

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 2mg

Sodium: 141mg

Carbohydrates: 39g

Fiber: 6g

Sugar: 6g

Protein: 9g

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