

# Slow Cooker Apple Spice Oatmeal

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Delicious, and easy to make – just add all ingredients to your slow cooker and in the morning, warm, nutritious oatmeal will be ready to serve! And this oatmeal packs in more nutrition and flavor than your traditional oatmeal with the addition of extra spices, carrots, and chia seeds. Enjoy!

Serves: 6-8

## Ingredients

- 1 Tbsp **coconut oil**
- 2 medium **apples**
- 1 medium **carrot**
- 2 cups **steel cut oats**
- 3 Tbsp **chia seeds**
- 1 ½ tsp **cinnamon**
- ½ tsp **nutmeg**
- 2 tsp **vanilla extract**
- 2 Tbsp **honey** (or pure maple syrup)
- 2 cups **milk** of choice
- 2 cups **water**
- **Salt** (*optional – about ½ tsp*)

Optional toppings: chopped walnuts, dried cranberries, additional milk or sweetener to taste.

## Directions

Grease your slow cooker generously with coconut oil. Or, see alternate directions below.

Cut apples into bite-sized pieces.

Grate the carrot.

Add all the ingredients to the slow cooker, stir gently to combine.

Place the lid on your slow cooker, turn on to low and cook for approximately 8 hrs overnight. If the top or edges are a little crispy in the morning, that's ok! Stir everything together before serving.

Serve warm topped with your choice of topping(s)! Enjoy 😊

Leftovers can be stored in the fridge for up to 5 days. To reheat, top with a little milk or water and warm in microwave or saucepan until hot.

## Notes:

Feel free to play around with the liquid combinations in the recipe to get your preferred oatmeal consistency. You can substitute any milk (dairy or non-dairy) or make the recipe with all water if you prefer. Another option is to use a little apple juice for more sweetness.

The chia seeds are optional, but provide a great nutritional boost. You can also try ground flaxseed or hempseeds in place of chia seeds. The recipe will also work fine without these if you don't have them on hand.

Any oil can be used to grease your crockpot, however coconut oil adds a nice subtle flavor to the oatmeal.

If you don't have steel cut oats, you can use rolled oats, but they may end up a little mushy. Don't use quick-cooking oats, as those won't work well with this recipe.

An alternative to greasing your slow cooker: find a heat-safe dish (ceramic or glass) that fits inside your slow cooker and will hold the ingredients. Pour water into the bottom of your slow cooker and place your dish inside (water should go about halfway up the sides of your dish). Add ingredients to your dish and cook as directed. This will create a water bath and cook the oatmeal more gently. This is perfect if you have a slow cooker that tends to cook pretty hot even on low. Experiment and see what method works best for you!

