

CRAN-APPLE OATMEAL

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving= 1 cup)

Nutrition (per serving)

Calories: 276

Total Fat: 2 g

Saturated Fat: 0 g

Sodium: 166 mg

Total Carbohydrate: 59 g

Dietary Fiber: 5 g

Protein: 9 g



Ingredients

- Cooking spray
- 1 cup steel cut oats, dry (use certified gluten free oats for GF version)
- 4 cups skim milk
- 2 apples, diced
- $\frac{3}{4}$ cup dried cranberries
- $\frac{1}{4}$ cup honey
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon salt

Directions

1. Spray 3 quart slow cooker with cooking spray.
2. Add remaining ingredients, stir and place lid on top.
3. Cook on low for 5-6 hours.

