

Nutty Oatmeal

By: The Complete Slow Cooking For Two, Linda Larsen

Ingredients:

1 cup chopped walnuts
2 cups rolled oats (not instant or quick cooking: gluten free is OK)
1 cup raisins or cranberries (optional)
3 cups almond milk
1 cup apple juice
1/2 cup water
1/3 cup honey
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp salt (optional)
nonstick cooking spray

Instructions:

1. Spray the crockpot with the nonstick cooking spray.
2. In the crockpot, combine the walnuts, oats and raisins.
3. In a large bowl, blend the almond milk, apple juice, water, honey, brown sugar, cinnamon, nutmeg and salt. Pour the mixture into the crockpot.
4. Cover and cook on low for 7 hours, or until the oatmeal has thickened and tender, and serve.

Serves: 7 cups

Serving Size: 1 cup

Nutritional Information:

Calories: 384

Total fat: 13g; Saturated fat: 1g; Cholesterol: 0mg; Carbohydrates: 63g; Fiber: 5g; Protein: 9g

Refrigerate any leftovers in a glass baking dish. In the morning, slice the firm oatmeal, and cook it on both sides after spraying a pan with nonstick cooking spray. Or, reheat in microwave.



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