

Crock Pot Apple Cinnamon Oatmeal



Servings: 4

Nutrition Information:

40g carbohydrates

224 calories

6g fat

1g saturated fat

2mg cholesterol

247mg sodium

6g fiber

7g protein

Ingredients:

2 large, Granny Smith apples, sliced

1 ½ cups skim milk

1 ½ cups water

1 cup oats

3 tbsp. packed brown sugar

2 tbsp. Smart Balance Butter

1 tbsp. cinnamon

2 to 4 tbsp. ground flaxseed

¼ tsp. salt

(optional: ¼ cup walnuts)

Directions:

1. Spray the crock pot with nonstick spray.
2. Combine all ingredients in a crock pot except salt and set on low for 8 hours.
3. Just prior to serving add salt and nuts if desired.