

Crock-Pot Apple Cinnamon Steel Cut Oats served with Maple Syrup

Serves: 8 cups (2L)

Prep time: 10 minutes

Crockpot time: HIGH 2-3 hours or LOW 4-6

Adding a whole vanilla bean while cooking adds a delicious almost dessert-like flavour. Substitute 1 tsp (5 mL) pure vanilla.

If too thin, remove lid for 30 minutes to let liquid evaporate. Transfer leftovers to storage container and refrigerate for 3-4 days. Reheat in microwave...it's still delicious.

Ingredients

3 cups (750 mL) apples (Macintosh, Spartan, Empire or Cortland), peeled and chopped

1-1/2 cups (375 mL) Steel Cut oats

1 vanilla bean, split down the centre (or 1 tsp/5 mL pure vanilla)

2 cinnamon sticks, broken (or 1 tsp/5 mL cinnamon)

6 cups (1.5 L) water

100% pure maple syrup to serve, to taste

French Vanilla yogurt, optional

Directions

1. Combine apples, oats, vanilla, cinnamon and water in Crock-Pot® slow cooker; cover and cook for 2 hours on HIGH or 4 Hours on LOW, stirring occasionally.

2. To serve: drizzle each serving with approximately 1 tbsp (15mL) maple syrup, or to taste. Top with French vanilla yogurt if you like.

Source: www.foodthought.com or www.crockpot.ca

www.carhahockey.ca/fitforhockey

