

Crock Pot Pumpkin Oatmeal

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This recipe came from Susan Rader in one of the Lifetimers WW groups on FB. Thank you Susan!

Make 6 – 1 cup servings

Blue – 3 points

Purple – 0 points

Green – 3 points

- Crock Pot, Slow Cooker

- 1 cup uncooked steel cut oats

- 4 1/2 cups water

- 1 Tbsp pumpkin pie spice

- 2 tsp cinnamon

- 8 oz pure pumpkin purée

- sweetener of your choice (Monkfruit, Stevia, Maple Syrup, Honey-add any points accordingly)

1. Mix all ingredients together in a crock pot EXCEPT sweetener

2. Cook on low 8 hours

3. Add sweetener of your choice when serving.

Breakfast

Crock Pot
oatmeal