

Crockpot Apple Pie Oatmeal

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Quick easy breakfast that is ready when you wake up!

This can easily serve 6, but we did 4 servings (growing boys ☹) I weighed out the entire recipe and divided by 4 to get the serving amount. Points based on 4 servings.

Blue – 6 points

Purple – 1 point

Green – 6 points

- 2 large apples, sliced
- 1/4 cup zero calorie brown sugar substitute, such as Sukrin Gold or Swerve
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- pinch salt
- 2 cups oatmeal (I prefer Old Fashioned, but quick cook will do)
- 2 cups unsweetened almond milk
- 2 cups water

1. In a slow cooker, place apples in the bottom, then sprinkle on the brown sugar, then cinnamon, nutmeg and salt. Pour in 2 cups oatmeal, then 2 cups milk over the oats, then 2 cups water. DO NOT STIR!!!

2. Cook overnight for 8 hours on low (my quick oats were done in 7 hours).
3. Stir and serve – I served with a tsp of walnuts and some vanilla creamer.