

# Crockpot Peach Oatmeal

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Serves 4 or 6 – depending on the size of your serving. The points are given based on 4 servings. A serving is about 1-1 1/4 cups.

Blue – 6

Purple – 1

Green – 6

- 2 large peaches (sliced (or canned peaches in their own juice, drained))
- 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 peaches 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