

# Aunty Kate's Oatmeal in a Slow Cooker



## Ingredients

- 2 cups of oats
- 1 tsp cinnamon
- ½ tsp salt
- 2 granny smith apples, peeled and diced
- ½ cup evaporated milk

*Optional:* Add raisins, honey, ground flax seed, ground chia seed, maple syrup

## Directions

1. Coat the cooker with vegetable oil.
2. Add all the ingredients and stir well.
3. Pour in 6 cups of water and stir till blended.
4. Cover and set on low heat for 8 or 9 hours.

Makes 4 one cup servings

**Oatmeal in a Slow Cooker** works well for those busy mornings getting kids ready for school. Reheat the already-made oatmeal from the fridge!

**Oatmeal in a Slow Cooker** contains no additives or preservatives and costs less than sugary oatmeal cereals in instant packaging.

This recipe contains Indigenous ingredients like honey, apples, and maple syrup. Maple syrup is used in ceremony and is classified as a traditional medicine among some First Nations.

*This recipe has been created and shared by Kate Brant.*