

Fruity Crockpot Oatmeal



Personal Chef Service

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Wake up to a hot and tasty breakfast

Serves 6

3 apples, peeled, cored,
diced

1/2c brown sugar

2t cinnamon

2c old~fashioned oats (not
quick cooking)

4c water

1c maple syrup

1/2t salt

1/2c dried cranberries

1/2c dried apricots, diced

1c walnuts, chopped

3 bananas, add after
cooked

milk, add after cooked

brown sugar, add after
cooked

Mix together diced apples, brown sugar and cinnamon making sure to coat apples well. Put apples in bottom of crock pot sprayed with non~stick cooking spray.

Mix together oatmeal, water, maple syrup, salt, dried cranberries, dried apricots and walnuts. Pour over apples. Do NOT stir.

Cover and cook overnight on LOW for 8~9 hours.

In the morning, thoroughly stir. Serve with sliced fresh bananas, milk and brown sugar to taste.

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The Meijer logo consists of the word 'meijer' in a bold, lowercase, sans-serif font. The letters 'i' and 'j' are blue, while the other letters are red.

Debbie Spangler ~ Certified Personal Chef

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