



## Slow-Cooker Apple Maple Oatmeal



1/4th of recipe (about 1 1/4 cups): 262 calories, 6g total fat (0.5g sat. fat), 247mg sodium, 41.5g carbs, 9.5g fiber, 7.5g sugars, 12.5g protein

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**Prep:** 10 minutes    **Cook:** 3 - 4 hours *or* 7 - 8 hours



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### Ingredients

1/3 cup plain protein powder with about 100 calories per serving  
2 cups unsweetened vanilla almond milk  
2 cups chopped Fuji or Gala apples  
1 cup steel-cut oats  
5 packets no-calorie sweetener (like Truvia)  
1 1/2 tbsp. chia seeds  
2 tsp. cinnamon  
2 tsp. maple extract  
1/2 tsp. vanilla extract  
1/4 tsp. salt

### Directions

Spray a slow cooker with nonstick spray.

Add protein powder and 2 cups warm water to the slow cooker. Whisk until uniform.

Add all remaining ingredients, and mix well.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until oats have cooked, liquid has been absorbed, and apples have softened.

MAKES 4 SERVINGS

**HG FYI:** While most of our oatmeal recipes call for old-fashioned oats, steel-cut oats are necessary in this recipe due to the long cook time. (Old-fashioned oats would get too mushy.)

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