



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 1*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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.)

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.