



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

[Click for WW Points® value*](#)

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



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

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.)

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.