



Slow-Cooker Blueberry Oatmeal



1/4th of recipe (1 heaping cup): 255 calories, 6g total fat (0.5g sat. fat), 236mg sodium, 43g carbs, 9.5g fiber, 8g sugars, 8g protein

Prep: 5 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours

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Ingredients

2 cups fresh or thawed-from-frozen blueberries (if frozen, no sugar added; drained and blotted dry)
2 cups unsweetened vanilla almond milk
1 cup steel-cut oats
1 1/2 tbsp. chia seeds
2 tsp. cinnamon
2 tsp. vanilla extract
1/4 tsp. ground nutmeg
1/4 tsp. almond extract
1/4 tsp. salt
5 packets no-calorie sweetener (like Truvia)

Directions

Spray a slow cooker with nonstick spray.

Add 1 cup blueberries and 2 cups water.

Add all remaining ingredients *except* sweetener and remaining 1 cup blueberries. Mix well.

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

Stir in sweetener.

Just before serving, top each portion with 1/4 cup blueberries.

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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