



Slow-Cooker Cinnamon Apples 'n Oats



1/5th of recipe, (1 heaping cup): 249 calories, 4.5g total fat (1g sat fat), 320mg sodium, 52g carbs, 7.5g fiber, 26g sugars, 4.5g protein

Blue Plan (Freestyle™) SmartPoints® value 5*

Prep: 10 minutes **Cook:** 3 hours or 7 hours

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



Ingredients

8 cups chopped Fuji apples (about 6 apples)
2 tbsp. brown sugar (not packed)
1 1/2 tsp. cinnamon
1 1/2 cups old-fashioned oats
1 cup light vanilla soymilk
1/3 cup sugar-free pancake syrup
1/2 tsp. salt
2 tbsp. light butter

Directions

Place apples in a slow cooker. Add 1 tbsp. brown sugar and 1/2 tsp. cinnamon, and stir to coat.

In a large bowl, combine oats, soymilk, syrup, remaining 1 tbsp. brown sugar, remaining 1 tsp. cinnamon, and salt. Add 1 cup water, and mix well.

Add oat mixture to the slow cooker, and gently stir. Cover and cook on high for 3 hours *or* on low for 7 hours.

Add butter and mix well. (Don't forget this step!)

MAKES 5 SERVINGS

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.