

Slow Cooker Banana Nut Oatmeal

Servings: 4

Serving Size: 1 cup

Prep Time: 5 minutes

Total Time: 8 hours

Source: *The Lemon Bowl Blog*

Ingredients:

1 cup steel cut oats

2 cups skim milk or almond milk

2 teaspoons cinnamon

1/2 teaspoon salt

1 ripe banana, mashed

2 cups water

1 teaspoon vanilla

banana slices, walnuts or brown sugar - optional garnish

1/4 cup chopped walnuts

2 tablespoons flax seed meal

1/2 teaspoon nutmeg

Directions:

1. Place all ingredients in slow cooker and stir until well combined.
2. Cook overnight on Low for 8 hours.
3. In the morning, stir oatmeal with a fork to loosen the steel cut oats and make sure everything is fully incorporated.
4. Serve warm with banana slices, chopped walnuts or a pinch of brown sugar if you wish.

Nutrition Information per Serving: 290 calories, 10g total fat, 9g protein, 43g carbohydrate, 7g fiber, 370mg sodium



Flax seeds are a powerhouse of nutrition!

- Contain a rich source of lignans, a phytochemical that acts as an antioxidant.
- Are the highest source of plant based omega-3 fatty acid.
- Provides both soluble and insoluble fiber

Just be sure to grind your whole flax seeds or buy them ground in order to reap the health benefits!