

## Peanut Butter & Jelly Slow Cooker Oatmeal

*Servings: 4*

*Prep Time: 5 minutes*

*Total Time: 6-8 hours*

*Adapted from: The Gold Lining Girl*

### Ingredients:

1 cup steel cut oats

4 cups unsweetened almond milk

1 teaspoon cinnamon

1 teaspoon vanilla extract

1/4 cup brown sugar or maple syrup

1/3 cup natural creamy peanut butter

1 Tbsp. chia seeds

1/2 tsp salt

1/4 cup sugar-free fruit jam



### Directions:

1. Place oats, almond milk and chia seeds in the slow cooker and stir until well combined.
2. Cook overnight on low for 6-8 hours.
3. In the morning, stir oatmeal with a fork to loosen the steel cut oats, then add in the brown sugar, cinnamon, vanilla extract, salt, and peanut butter and stir until completely blended.
5. Serve warm topped with 1 tbsp. sugar-free fruit jam.

### Steel-cut oats are a powerhouse of nutrition!

Steel-cut oats are whole grains, made when the groats (inner portion of the oat kernel) are cut into pieces by steel. They differ from rolled oats in that they are less processed (rolled oats are flake oats that have been steamed, rolled, re-steamed, and toasted). Less processing means steel-cut oats have a lower glycemic index, causing a smaller blood sugar spike when consumed.

**Nutrition Information per Serving:** 350 calories, 16g total fat, 2g saturated fat, 10g protein, 44g carbohydrate, 10g fiber, 257mg sodium