

A recipe from: Crock-tober Fest—A Slow Cooker Feast

Fruited Irish Oatmeal

Serves: 8-10

Ingredients:

2 cups regular oats (not quick oats)
5 cups water
1 cup 100% apple juice
¼ cup dried cranberries
¼ cup raisins
¼ cup pure maple syrup, or honey
1 tsp cinnamon
½ tsp salt



Directions:

Combine all ingredients in a crockpot and cook on low 8 hours or overnight. Serve topped with brown sugar sprinkles.

Suggestion: switch out the cranberries and raisins for apricots and cherries to lower the sugar content.



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