



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

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

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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

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