

Slow Cooker, Banana & Coconut Milk Steel-Cut Oatmeal



By Monica

7 (3/4-cup) servings

Make this the night before and wake up to the wonderful aroma of this nutritious, delicious, ready-to-eat breakfast. The coconut milk makes this a lactose-free, vegan recipe. It's a healthy power house that will help you beat the hungries all morning.

Ingredients

- 2 medium ripe bananas, sliced (approx. 2 cups)
- 2 (14 oz) cans light coconut milk*
- 1/2 cup water
- 1 cup steel cut oats
- 2 tablespoons brown sugar
- 1-1/2 tablespoons butter, cut into 5-6 pieces, optional (omit or substitute margarine for lactose-free, vegan)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon vanilla
- 1 tablespoon ground flax seed
- 1/4 teaspoon salt
- Optional garnishes: additional sliced bananas, chopped macadamia nuts or walnuts, toasted coconut, maple syrup, additional brown sugar, additional coconut milk or butter

Directions

Coat inside of 3-1/2 quart (or larger) slow cooker with cooking spray. Add all ingredients (except optional toppings) to slow cooker. Stir, cover, and cook on low for 7 hours. Spoon oatmeal into bowls; add optional toppings, if desired. Store leftovers in refrigerator. Freezes well.

To reheat single servings: Put 1-cup cooked oatmeal in microwave proof bowl. Add 1/3 cup milk or water. Microwave on high for 1 minute; stir. Continue cooking for another minute, or until hot.

Recipe can be doubled in 6-quart or larger slow cooker. Increase cooking time 1 hour.

Weight Watchers PointsPlus: 6 pts per 3/4 cup serving

*Find coconut milk in the Asian aisle of your grocery store.

See the recipe online at www.TheYummyLife.com/recipes/207

