

Slow Cooker Coconut Oatmeal

Ingredients:

2 cups	Steel cut oats
1 cup	Full-fat coconut milk
8 cups	Water
1 Tablespoon	Vanilla extract
¼ cup	Flaxseed, ground
¼ cup	Maple syrup
1 cup	Shredded coconut flakes, unsweetened



Method:

- In a slow cooker combine; oats, coconut milk, water, vanilla extract, flax seeds, and maple syrup.
- Turn slow cooker on low heat and allow to cook for 4 hours, or until oats reached a creamy consistency.

Nutritional Information:

Serves: 12 | Serving size: 1/2 cup | Calories: 220 | Fat: 12 grams | Sodium: 10 milligrams
Carbohydrates: 26 grams | Protein: 5 grams | Fiber: 4 grams