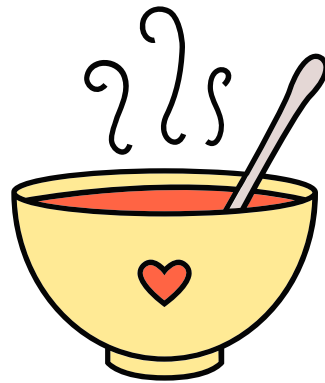


Apple Banana Nut Overnight Crock Pot Oatmeal

Ingredients:

2 cups old fashioned oats
4 cups water
1/2 cup brown sugar
1 tsp vanilla
1/2 tsp salt
1 tsp cinnamon
1 apple, cored and diced
1 banana
1/3 cup peanut butter



Instructions:

Put everything in the pot, give it a stir, and cook on WARM for 7-8 hours.

A few notes about what I did-

1. I used a frozen banana that I microwaved for 30 seconds to soften
2. Spray coconut (or any other) oil on the crock walls to prevent sticking
3. I cooked it on WARM in my 4.5 quart crock pot from 9 pm until 6 pm and it came out PERFECT

