**Apple Cinnamon Steel-Cut Oatmeal**

2 cups steel-cut oats
4 cups water
5 cups skim milk
3 large honey crisp apples cut into ½ inch pieces
2 tbsp. brown sugar
1 tbsp. cinnamon
1 tsp. vanilla
1 tsp. nutmeg
½ teaspoon salt

Combine all ingredients in a 6-quart slow cooker and cook on LOW overnight, 7 to 8 hours.

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