

## **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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All of our recipes can be found online at [www.uvu.edu/wellnessed](http://www.uvu.edu/wellnessed)

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