

Crock Pot Oatmeal

Serves 6-8

Ingredients:

- 3 cups Old Fashioned Oats (NOT Quick Oats)
- 8 cups of Water
- 1/4 cup Brown Sugar
- Vanilla and Cinnamon (optional to taste)

In the Crock Pot I combined 8 cups of water and 2 cups of the Oats. I gently stirred in the brown sugar and added about 1 tsp. vanilla and 1 tsp. cinnamon. You can omit if you would prefer it plain or add other spices you like in your oatmeal.

I left it till this morning when I poured in the last cup of Oats and stirred. I did this right after waking so by the time I sat down to breakfast it was ready to eat.

Cook on low 8-9 hours (but no longer)