

Freezer Steel Cut Oats in Slow Cooker

INGREDIENTS:

- 1 tablespoon coconut oil
- 2 cups steel cut oats
- 5 cups water
- 1 13.5 oz can coconut milk
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1 teaspoon coconut extract, optional
- 1 /8 oz container candied pineapple, and
- 1/4 cup candied pineapple for topping (set aside)
- honey, chia seeds, coconut for serving



DIRECTIONS:

Coat the inside of your slow cooker with non-stick cooking spray. Combine remaining oatmeal ingredients and cook on low for 4 to 6 hours. Stirring oatmeal when convenient throughout the cooking time.

Turn slow cooker off and allow oatmeal to cool. Spray jumbo size muffin tin (6-muffin size) with non-stick cooking spray. Spoon oatmeal into prepared jumbo muffin tin, mounding oatmeal in tins. Allow to cool slightly. Loosely cover the muffin tin with plastic wrap. Place filled muffin tin in freezer. Freeze overnight or until frozen.

Remove muffin tin from freezer. Allow to sit at room temperature for 10 to 15 minutes. Remove oatmeal muffins from tin. Divide frozen oatmeal muffins among individual serving size portions in zip-lock freezer bags.

To Serve: Place frozen oatmeal muffin in a microwave cereal bowl. Cover, microwave on reheat for 1 minute. Add a small amount of milk, cream or coffee cream if you like a creamier oatmeal and stir. Microwave 1 to 2 minutes longer or until oatmeal is heated through, stirring as necessary.

Serve with additional candied pineapple, chia seeds, honey and coconut if desired.