

Slow Cooker Irish Oatmeal



Ingredients

4 1/4 cups water
1 cup [steel cut Irish oats](#)
2 heaping tablespoons white quinoa
1 pinch kosher salt

Directions

Add all ingredients to a slow cooker the night before serving and stir to combine. Set slow cooker on low and allow to cook for 6-8 hours or overnight. In the morning, simply stir and serve! Oatmeal on its own is of course delicious and hearty, but toppings are a must to keep things interesting for your little ones.

Oatmeal Topping Ideas

Kid-Friendly: Top oatmeal with one tablespoon of natural peanut butter and chia jam – we love this version of chia jam from [Gimme Some Oven](#), but be sure to skip the maple syrup + honey for a no added sugar option!

Tropical Berry: We topped our oatmeal with sliced strawberries, sliced banana, blueberries, chia seeds and shredded *unsweetened* coconut for a uniquely tropical berry flavor you'll love.

Savory Oats: Oatmeal doesn't have to be sweet to be delicious! Try topping the oats with a poached egg, avocado and sliced grape tomatoes like [Root + Revel](#).