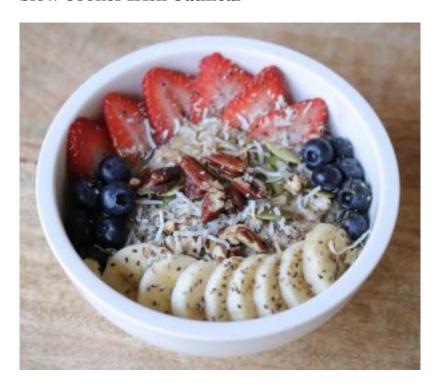
## **Slow Cooker Irish Oatmeal**



## **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 <u>Gimme Some Oven</u>, 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  $\underline{Root + Revel}$ .