

## Slow-Cooked Apple Cinnamon Oatmeal



### Ingredients

4 cups milk (I prefer non-dairy)  
4 cups water  
1½ cups of steel cut oats  
3-4 tablespoons of cinnamon  
2-3 tablespoons of nutmeg  
2 gala apples (or other of your choice)  
½ cup raisins  
½ cup frozen cranberries  
<sup>2</sup>/<sub>3</sub> cup of brown sugar

**Prep time: 20 minutes**

**Cooking time: 8 hours.**

In the stone ware add milk, water, oats, cinnamon, nutmeg, sliced apples, raisins, cranberries and 1/3 cup of brown sugar. Stir together so that all ingredients are mixed together uniformly. By this I mean that you don't want to have "hot pockets" where all of the cinnamon is, but obviously you won't be able to ensure that thing are incorporated since it's cooking so slowly.

Set your crock pot on the lowest setting, and leave it and go to bed. Wake up and stir in the remaining brown sugar, making sure that it is thoroughly incorporated in the now cooked mixture. Turn the crock pot off, and allow the oats to sit for 15 to 20 minutes while you make the bed, and get dressed, or whatever you do in the morning.

Stir the oatmeal a few times, breath in the tempting aroma, and serve.