

Slow Cooker
**PUMPKIN PIE
OATMEAL**



Ingredients

- cooking spray, butter or coconut oil (for coating the slow cooker)
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin
- 3 Tablespoons maple syrup
- 1 teaspoon vanilla
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- ¼ teaspoon salt
- pecans, maple syrup and almond milk for serving

Instructions

Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm.

In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.