



Eat Well

Crockpot Pumpkin Oatmeal

Directions

Combine all ingredients in a crockpot. Set on warm overnight. One hour before serving, remove lid and set on low (or high) to thicken*. Serve with favorite toppings. Enjoy right away or take it to go!

*You can also add a few scoops of protein powder (used 2 scoops Thorne vanilla whey protein) to help thicken the oatmeal and increase protein content.

Ingredients

- » 6-8 cups water or milk (less for thicker oatmeal)
- » 2 cups steel cut oats
- » 1 15oz can pumpkin
- » 1 tbsp pumpkin pie spice or cinnamon
- » 1 tbsp vanilla extract

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