

Breakfast Apple Pie

Imagine waking up to the soothing smell of fresh-baked apple... only it's a hot breakfast cereal that helps stabilize your blood sugar and fill you up for hours. And all you have to do is scoop some into a bowl, top with some nuts and seeds, a bit of milk and your favorite fruit, and you're good to go.

Yield: 4cups

Ingredients:

- 2 cups water
- 2 cups milk of your choice
- 1 cup uncooked steel-cut oats
- ¾ teaspoon cinnamon, or to taste
- 2 apples, chopped into 1/2" pieces
- 2 tbs packed brown sugar or sweetener of your choice
- 1 tbs coconut oil, or oil of your choice or not at all
- ½ tsp salt



<https://fullplateliving.org/blog/2-blood-sugar-lowering-breakfasts-taste-apple-and-pumpkin-pie>

Directions:

1. Spray the inside of a crockpot well with cooking spray.
2. Add the water and milk.
3. In a small bowl, stir together the steel-cut oats and cinnamon and add to the crockpot.
4. Add the remaining ingredients and mix all together.
5. Set crockpot on low, cover and cook overnight (about 6-7 hours).
6. Stir before serving.
7. Any leftovers keep in the refrigerator for about a week and are easy to reheat by moistening with a little water or milk.

Nutrition Info

Serving size: 1/2 cup

Calories: 150

Total fat (grams): 4

Sodium (mg): 170

Total carbohydrate (grams): 24

Sugars (grams): 7

Fiber (grams): 3

Protein (grams): 4