



Whole Oat Crock Pot Porridge

Ingredients:

1 ½ cups oat kernels

6 ½ cups water

1 tsp salt

1 cinnamon stick

Dried or fresh fruit and nuts (optional)

Maple syrup or honey (optional)

Procedure:

Combine first four ingredients in the crock pot.

Let it cook on low heat overnight. In the morning, if the oats are too thin, removed the lid and let it cook for another 10 minutes.

Discard the cinnamon stick and serve; or add fruit and nuts of your choice such as apples, dates, raisins, walnuts, etc. and maple syrup or honey.

