



Crock Pot Breakfast Cereal

A great overnight recipe for the crock pot

Combine first four ingredients in the crock pot.

1 ½ cups Fieldstone Organics Ultimate Cereal, Okanagan Apple Cereal or Whole Oats

6 cups water

1 tsp salt

1 cinnamon stick or add in a desired amount of ground cinnamon

Let it cook on **low** heat overnight (8 hours). In the morning, if mixture is too thin, remove the lid and let cook for another 10 minutes. Remove cinnamon stick.

When ready to serve add:

Dried or fresh fruit and nuts (optional)

Maple syrup or honey (optional)

Yogurt, nut milk etc

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