
Crockpot Breakfast Cereal

Ingredients

- 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 desired amount of ground cinnamon
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Method

Combine the four ingredients above in crockpot.

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.

Notes

A great overnight recipe for the crockpot

