



## Good Night Good Morning Oatmeal

Number of servings: 10  
Serving size: 1 cup

**Equipment:**  
Slow cooker

**Ingredients:**  
2 cups steel cut oats  
9 cups water  
3 medium apples, cored and diced  
1 Tablespoon cinnamon

**Directions:**  
Combine all ingredients in a slow cooker. Cover and let cook on low overnight, or 8 to 9 hours or cook on high for 4 hours. Serve with milk, honey, cinnamon, fresh or dried fruit and/ or nuts as desired.

**Cost per recipe:** \$4.82  
**Cost per serving:** \$ 0.48  
**MyPlate servings:** 1 serving grain and ½ serving fruit

## Nutrition Facts

Serving Size 1 cup  
Serving Per Container 10

| Amount Per Serving   |           |                        |            |
|--|-----------|------------------------|------------|
| <b>Calories</b>  | 151       | Calories from Fat 18   |            |
|  |           | <b>% Daily Values*</b> |            |
| <b>Total Fat</b>   | 2g        |                        | <b>3%</b>  |
| Saturated Fat  | 0g        |                        | <b>0%</b>  |
| Trans Fat  | 0g        |                        |            |
| Polyunsaturated Fat  | 1g        |                        |            |
| Monounsaturated Fat  | 1g        |                        |            |
| <b>Cholesterol</b>   | 0mg       |                        | <b>0%</b>  |
| <b>Potassium</b>   | 169mg     |                        | <b>5%</b>  |
| <b>Sodium</b>  | 11mg      |                        | <b>0%</b>  |
| <b>Total Carbohydrate</b>  | 29g       |                        | <b>10%</b> |
| Dietary Fiber  | 5g        |                        | <b>20%</b> |
| Sugars   | 5g        |                        |            |
| <b>Protein</b>   | 5g        |                        | <b>10%</b> |
| Vitamin C  | 3%        | •                      | Calcium 3% |
| Iron   | 9%        |                        |            |
| *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |                        |            |
|  | Calories  | 2,000                  | 2,500      |
| Total Fat  | Less than | 65g                    | 80g        |
| Sat Fat  | Less than | 20g                    | 25g        |
| Cholesterol  | Less than | 300mg                  | 300mg      |
| Sodium   | Less than | 2400mg                 | 2400mg     |
| Total Carbohydrate   |           | 300g                   | 375g       |
| Dietary Fiber  |           | 25g                    | 30g        |

**\*\*Nutrition Analysis:** performed using  
<https://www.supertracker.usda.gov>

\* Toppings or additions are not included in nutritional analysis