

# Whole Grain Breakfast Recipe

## Slow Cooker

### **Overnight Oatmeal Sundaes**



Ingredients:	Approx. Cost:*
Rolled oats, 2 cups from 18 oz box	\$2.88
Water, 4 cups	
Brown sugar, ½ cup from 1 lb box	\$ .68
Cinnamon, 1 tsp, and pinch of salt**	\$ .50**
<b>Total:</b>	<b>\$4.06</b>

# of servings: 6 **Cost per serving: \$.67**

\*Based on Peapod's on-line pricing.

\*\*Condiments and spices are calculated as a 25 cent estimate each time they are used.

**Directions:** Put all ingredients in the slow cooker and cook on low overnight. In the morning, serve oatmeal with a variety of toppings:

Fresh fruit: chopped oranges, bananas, berries, pears, apples

Dried fruit: cranberries, raisins, apricots, figs, cherries, blueberries

Chocolate chips, Coconut, Chopped nuts: walnuts, pecans, almonds, Nut butters: Almond, peanut, cashew, Flax seed, Fruit jams or butters, Honey, maple syrup

### Nutritional Information per 1 cup serving

Calories	121	
<b>Total Fat</b>	<b>0.8</b>	<b>g</b>
Saturated Fat	0	g
% of daily total	0	%
<b>Carbohydrates</b>	<b>27</b>	<b>g</b>
<b>Protein</b>	<b>2</b>	<b>g</b>
<b>Fiber</b>	<b>2</b>	<b>g</b>

	% of daily total	
Vit A	0	%
Vit C:	0.5	%
Calcium:	3.5	%
Iron	7	%
Good source of*	<i>Manganese</i>	
*(10% or more of the RDA)		

based on 2000 calorie diet

