

Slow Cooker Gingerbread Oatmeal

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-christmas-breakfast-recipe>

Ingredients:

- 1 cup steel cut oats
- 2 cups apple juice
- 2 cups water
- 1/2 cup brown sugar
- 1 tablespoon molasses
- 1 teaspoon canela
- 1/4 teaspoon ground cloves
- 1 teaspoon ginger
- 1 teaspoon vanilla

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 41 grams
3. Fat: 2 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. Sodium: 15 milligrams
7. Sugar: 22 grams

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