



Overnight Oatmeal

Recipe courtesy Alton Brown

Prep Time: 10 min Level: Easy Serves: 4 servings
Inactive Prep Time: --
Cook Time: 9 hr 0 min

Ingredients

- 1 cup steel cut oats
- 1 cup dried cranberries - optional
- 1 cup dried figs - optional
- 4 cups water
- 1/2 cup half-and-half → skim milk

Directions

In a slow cooker, combine all ingredients and set to low heat. Cover and let cook for 8 to 9 hours.

Stir and remove to serving bowls. This method works best if started before you go to bed. This way your oatmeal will be finished by morning.

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- Key is to use enough liquid - use this much even though it looks like a lot.
- Store in container w fudge, then just scoop out a portion, add (a lot) of skim milk, microwave for 2 minutes.
- Add a cinnamon, a bit of sugar, wheat germ or flax seed, almond and apple dice.