

Whole Grain Breakfast Recipe

Slow Cooker

Good Night Good Morning Oatmeal



Ingredients	Approx. Cost*
2 cups steel cut oats, from 24 oz pkg	\$2.08
Water, 9 cups	
Butter, 4 Tablespoons, from 1 stick	\$.56
Milk, honey and pinch of salt, all to taste	\$.75**
Total:	\$3.39

of servings: 8 **Cost per serving: \$.42**

*Based on Peapod's online pricing.

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

Directions: Combine all ingredients in a slow cooker. Cover and let cook on low overnight, or 8 to 9 hours. Serve with a sprinkle of brown sugar and cinnamon and milk, if desired.

Nutritional Information per 1 serving:

Calories	277
Total Fat	7.5 g
Saturated Fat	4.2 g
% of daily total	19 %
Carbohydrates	50 g
Protein	5
Fiber	2 g

	% of daily total	
Vit A	12	%
Vit C:	0	%
Calcium:	9	%
Iron	5	%
Good source of*	Vitamin A, B vitamins, Vitamin D, Magnesium, Zinc, Selenium	
	*(10% or more of the RDA)	

based on 2000 calorie diet

