

# Pumpkin Pie Steel Cut Oatmeal in Slow Cooker

## Ingredients

- 1 cups steel cut oats
- 4 cups water
- 1 cup Light Soy Milk (or regular milk, almond milk, etc)
- 7.5 ounces of pumpkin puree (not pie filling) (This is ½ a regular 15 oz can)
- 1 teaspoon pumpkin pie spice
- ½ tablespoon pure vanilla extract
- ¼ cup packed brown sugar

## Instructions

1. Mix all ingredients in a crock pot and cook low 3 hours. Even though it looks like a lot of liquid, don't worry, it will get nice and thick.  
  
(Some people like to make this right before they go to bed and just put it on the “warm” setting and then it's all ready when they get up. NOTE: I have not tried the cooking overnight method so cannot verify that will work.)
2. When ready to eat it, I added ¼ cup more of soy milk to the bowl and then microwaved it to make it a little thinner. 😊

Adapted from: <http://www.rachelcooks.com/2013/10/11/slow-cooker-pumpkin-pie-steel-cut-oats/>