



Steel cut Oats with Quinoa

Prep Time 5 minutes	Cook Time 5-6 hours	Total Time 5-6 hours
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Ingredients:

- 1 ½ cup steel cut oats
- ½ cup quinoa
- 4 ½ cups almond milk
- 3 T brown sugar
- 2 T maple syrup
- ¼ teaspoon salt
- 1 ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon



Directions:

1. Rub the inside of the slow cooker with coconut oil.
2. Rinse quinoa
3. Combine all ingredients into the crockpot and stir.
4. Turn heat to low.
5. Cook for 5-6 hours. (don't let it cook to long or it will burn and dry out).
6. When ready to serve, top with almond or coconut milk, berries & walnuts.

