



## ME Recipe: Crock Pot Cocoa Oatmeal

### Ingredients:

- 1 cup steel cut oats or old-fashioned oats
- 4 cups water
- ½ cup unsweetened coconut or almond milk
- 1-2 TB unsweetened cocoa powder
- 1 tsp vanilla extract
- dash of salt
- Liquid stevia drops to taste (6-10)

### Directions:

In large bowl, combine water, milk, vanilla and stevia. Whisk in cocoa and salt.

Once combined, stir in oats

Oil the inside of your slow cooker with coconut oil (or zero cal spray)—prevents sticking

Place mixture in the slow cooker on low for 2 hours. Stir it all together and enjoy!

Makes 3-4 servings