

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow-Cooker Pear Oatmeal

From www.cookingTF.com

In this recipe, the long and slow cook time breaks down the phytic acid in the oats, making them easier to digest, instead of soaking them with an acid.

- 2 (or more) pears (peeled and diced)
- 1 cup steel cut oats
- 4 cups milk of your choice (or a mixture of milk and water)
- 1/4 cup Coconut Oil or Butter
- 2 Tbs raisins (optional)
- 2 Tbs Sucanat (or more to taste)
- 1/2 tsp cinnamon
- 1/8 tsp Salt

Combine all ingredients in a bowl that fits in your crock-pot. Place the bowl in the crock-pot and pour warm water into the crock-pot surrounding the bowl, until the water reaches to about the level of the oats. Cover and cook on low overnight, 7-9 hours.

The next morning, carefully remove the bowl from the crock-pot and stir well before serving. Thin, if needed, with a little milk.