



# Winter Warming Slow Cooked Maple Cinnamon Oats

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## WELLNESS ADVICE NOW

Oats are high in vitamins and minerals, gut-loving prebiotic fibres and low in sodium, this humble grain is among the nutrient-dense foods you can eat.

Safe for coeliacs, oats are free from gluten. However, they are often processed in factories with equipment that may have been contaminated with other gluten-containing grains. If you have a gluten allergy, it is best to purchase oats in packages labelled "gluten free".

Oats contain large amounts of beta-glucan, a unique type of soluble fiber. The researched health benefits of beta-glucan fiber include:

- reduced LDL and total cholesterol levels (1)
- reduced blood sugar and insulin response (2)
- increased feeling of fullness (3)
- increased growth of good bacteria in the digestive tract (4)

There are three main types of Oats readily available in supermarkets.

- Steel Cut Oats: whole processed oat grains chopped into smaller pieces rather than rolled flat. It almost looks like rice when cooked. It has a chewy texture, has the highest fibre content out of all oat varieties and takes the longest to cook.
- Rolled Oats: whole grains of oats are first steamed to make them soft and pliable, then pressed to flatten them.
- Quick Oats: the most processed oats are pre-cooked, dried, and then rolled and pressed slightly thinner and cut smaller than rolled oats. They cook more quickly than steel-cut or rolled oats, retain less of their texture, and often cook mushy and creamy.

For full nutritional benefits and slow-release energy, it's always best to choose the least processed, plain, unsweetened oats.

Be aware that any pre-packaged varieties have loads of added sugar, making them an unhealthy breakfast choice.

For example, one packet (43 grams) of instant maple and brown sugar oatmeal contains 13 grams or over four teaspoons of sugar (5).



For this reason, it's best to add your own healthy toppings and flavourings to unsweetened oats to keep added sugar to a minimum.

Try a tasty combination of fresh berries and healthy fats, such as unsweetened coconut and chopped walnuts.

Slow cooking oats is a great way to benefit from the nutritious steel-cut variety without worrying about how long they take to cook. Just set and forget and enjoy freshly made warm oats in the morning. Equally suitable for busy midweek rushed mornings, lazy Sundays, or entertaining guests!

#### References:

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5618555/>
2. <https://www.nature.com/articles/s41430-021-00875-9>
3. <https://pubmed.ncbi.nlm.nih.gov/26724486/>
4. <https://pubmed.ncbi.nlm.nih.gov/26511097/>
5. <https://nutritiondata.self.com/facts/breakfast-cereals/1607/2>



# Winter Warming Slow Cooker Maple Cinnamon Oatmeal

4 SERVINGS 8 HOURS



## INGREDIENTS

3/4 tsp Coconut Oil  
1 1/2 cups Steel Cut Oats  
4 1/2 cups Water  
1 tsp Cinnamon  
2 tbsps Maple Syrup  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	290	Calcium	65mg
Fat	6g	Iron	2mg
Carbs	54g	Vitamin D	0IU
Fiber	6g	Vitamin E	0mg
Sugar	8g	Vitamin B6	0mg
Protein	6g	Folate	0µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	154mg	Magnesium	8mg
Vitamin A	2IU	Zinc	0mg
Vitamin C	0mg	Selenium	0µg

## DIRECTIONS

- 01 Grease your slow cooker with coconut oil.
- 02 Add the remaining ingredients to your slow cooker. Do not stir as the ingredients will mix as it cooks. Set the slow cooker to low and cook for 8 hours.
- 03 Enjoy immediately or divide into separate containers to let cool and refrigerate.

## NOTES

### STORAGE

Refrigerate in an airtight container up to 6 days.

### TOPPINGS

Fruits, nuts, berries, hemp or chia seeds, ground flaxseed, raw cacao chips, nut or seed butter, shredded coconut.

### DIY OATMEAL MORNING-AFTER PARTY

Great when entertaining after a slumber party. Set up to cook overnight. Set up an assortment of interesting toppings across a breakfast bar for each child or guest to dress their own bowl of oatmeal.

### NO STEELCUT OATS

Use whole rolled oats instead. Note that they will require less cooking time (check at 4 hrs).

