

Slow Cooker Overnight Apple Cinnamon Oatmeal

4 cups water
1 ½ cups 100% apple juice (I used 2 cups and it was good)
1 cup steel-cut oats
½ cup pearl barley (regular, not quick-cooking)
1 tsp ground cinnamon
½ tsp grated fresh ginger or ¼ tsp ground ginger (I used ground)
¼ tsp salt
1 medium apple, coarsely chopped

Toppings:

1/3 cup coarsely chopped pecans, toasted
Brown sugar
Honey
Milk or cream

1. Combine water, apple juice, oats, barley, cinnamon, ginger, salt, and chopped apple in crock pot.
2. Cover and cook on low heat setting for six or seven hours. Top with whatever you want.