

# Slow Cooker Hot Apple Porridge

When setting goals for healthier eating, choose small changes that will work for you - like making time for breakfast. Assemble this slow cooker recipe the night before and have it cook overnight. Wake up to a hearty and healthy breakfast full of fibre and protein!



## Ingredients:

|          |                                    |          |
|----------|------------------------------------|----------|
| 1 cup    | Quick or regular cooking oats      | 250 mL   |
| 2 cups   | 1% milk                            | 500 mL   |
| ¼ cup    | Brown sugar                        | 60 mL    |
| 1 Tbsp   | Non-hydrogenated margarine, melted | 15 mL    |
| ¼ tsp    | Salt                               | 1 mL     |
| ½ tsp    | Cinnamon                           | 2 mL     |
| 1 medium | Apple, finely chopped              | 1 medium |
| ½ cup    | Raisins                            | 125 mL   |
| ½ cup    | Almonds or walnuts, chopped        | 125 mL   |

## Directions:

1. Lightly spray inside of slow cooker with non-stick spray.
2. Place all ingredients inside slow cooker and mix well.
3. Cover and cook on low for 8–9 hours. Stir before serving.

**Makes 6 servings (175 mL/ ¾ cup/ 156 g)**

Source: Tasty Slow Cooker Recipes for Growing Healthy babies, CPNP, First Nations and Inuit Health Branch, Alberta Region, Health Canada, 2007

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## Nutrition Facts

Per 1/6 of recipe (175 mL/ ¼ cup/ 156 g)

| Amount                         | % Daily Value |
|--------------------------------|---------------|
| <b>Calories</b> 270            |               |
| <b>Fat</b> 10 g                | <b>15 %</b>   |
| Saturated 1.5 g<br>+ Trans 0 g | <b>8 %</b>    |
| <b>Cholesterol</b> 5 mg        |               |
| <b>Sodium</b> 170 mg           | <b>7 %</b>    |
| <b>Carbohydrate</b> 40 g       | <b>13 %</b>   |
| Fibre 4 g                      | <b>16 %</b>   |
| Sugars 24 g                    |               |
| <b>Protein</b> 8 g             |               |
| Vitamin A                      | 4 %           |
| Vitamin C                      | 2 %           |
| Calcium                        | 15 %          |
| Iron                           | 15 %          |

| Nutrient Claim         | Amount per serving |
|------------------------|--------------------|
| High in fibre          | 4 g                |
| Low in saturated fat   | 1.5 g              |
| High in potassium      | 419 mg             |
| Source of calcium      | 151 mg             |
| Very high in magnesium | 73 mg              |
| Source of folate       | 12 mcg             |
| Source of iron         | 1.8 mg             |

| Food Group            | Food Guide servings per recipe serving |
|-----------------------|--|
| Vegetables and Fruit  | ½                                      |
| Grain Products        | ½                                      |
| Milk and Alternatives | ¼                                      |
| Meat and Alternatives | ¼                                      |

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

Special Equipment Required:

- Slow Cooker