



Makes 5 cups
Preparation Time: 6 hours 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

3 cups unsweetened, unflavored plant-based milk

1 cup steel-cut oats

1 cup shredded carrots

1 8-oz. can crushed pineapple (juice pack), undrained

½ cup raisins

¼ cup pure maple syrup

1 teaspoon ground cinnamon, plus more for garnish

½ teaspoon ground ginger

¼ teaspoon sea salt

⅓ teaspoon ground cloves

2 tablespoons unsweetened coconut flakes, toasted (optional)

Tropical Slow-Cooker Oatmeal

Whether you're hosting brunch or just want to wake up to a warm, healthy plant-based breakfast, this slow-cooker oatmeal is an excellent option. Naturally sweet shredded carrot, crushed pineapple, and toasted coconut flakes create a tasty tropical flavor profile. If you're cooking up a batch for a group, serve the coconut flakes and other toppings on the side and let guests customize to their taste. No slow cooker? Try our [Carrot Cake Overnight Oats recipe](#).

Tip: To make this recipe gluten-free, be sure to use certified gluten-free oats.

By Nancy Macklin, RDN

- 1 In a 3- to 4-quart slow cooker stir together 2 cups milk, the next nine ingredients (through cloves), and 2 cups water. Cover and cook on low 6 to 8 hours or until oats are tender. Serve with the remaining 1 cup milk. If desired, sprinkle servings with toasted coconut and additional cinnamon.