

## Sleepyhead Oatmeal

(Overnight Maple Oatmeal)

Makes 8 servings

### Ingredients

- 4 C. low-fat milk
- $\frac{3}{4}$  C. maple syrup
- 1 t. cinnamon
- $\frac{1}{2}$  t. salt
- 1  $\frac{1}{2}$  C. steel-cut oats

### Toppings, if desired

- Dried fruit of your choice, like cranberries, apricots, or raisins
- Chopped nuts of your choice, like pecans or walnuts
- Brown Sugar

### Directions

1. Whisk the milk, syrup, cinnamon, and salt in a large bowl.
2. Spray inside of crockpot with cooking spray.
3. Spread oats on the bottom of the crockpot.
4. Pour the milk mixture over oats.
5. Cook on low for 7-8 hours.
6. If the oatmeal is too thick, add additional milk.
7. Serve with toppings, if desired.



### Nutrition Facts:

Calories 300  
Total Fat 1 g  
Protein 8 g  
Calcium 17% Daily Value



### Tip from Coco:

Breakfast is the most important meal of the day.

## Pudding Drink-Me-Up

(Chocolate Pudding Drink)

Makes 4 servings

### Ingredients

- 4 C. low-fat milk
- 1 package instant chocolate pudding

### Supplies

- 1 large pitcher with a tight fitting lid

### Directions

1. Place all ingredients in pitcher and cover tightly.
2. Shake for 1 minute or until well blended.
3. Pour into glasses. Mixture will start out pourable and quickly thicken up. Have your spoons ready!



### Nutrition Facts:

Calories 200  
Total Fat 3 g  
Protein 8 g  
Calcium 30% Daily Value



### Tip from Coco:

Did you know that chocolate milk is just as good for you as white milk?