



Overnight Slow Cooker Steel Cut Oats with Banana

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Overnight slow cooker steel cut oats that cook while you sleep! With banana, cinnamon, and warm spices, this easy crock pot oatmeal tastes like your favorite banana bread. Just put the ingredients in your slow cooker and in the morning, breakfast is served!

PREP:	COOK:	TOTAL:
10 mins	8 hrs	8 hrs 10 mins

SERVINGS: 6 servings

REVIEW

SAVE

PRINT

Ingredients

- 1.5 cups [steel cut oats](#) *do not substitute quick cooking, instant, or rolled oats, [gluten free](#) if needed*
- 4 cups water
- 2 cups milk *any kind you like (I used skim)*
- 2 large mashed ripe bananas *plus additional banana slices for serving*
- 3 tablespoons [ground flaxseed meal*](#)
- 2 teaspoons pure vanilla extract
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon [freshly grated nutmeg](#) *it's an amazing flavor upgrade to grate your own [nutmeg](#). I use [this zester](#) to do it.*
- 1/2 teaspoon kosher salt
- For serving: chopped toasted walnuts *raisins, chocolate chips, maple syrup, peanut butter, or any other mix-ins you enjoy with banana bread*

Instructions

- 1 Place all of the ingredients except the toppings in the bottom of a 4-to-6-quart slow cooker and stir to combine: Steel cut oats, water, milk, mashed bananas, flaxseed meal, vanilla, cinnamon, nutmeg, and salt.
- 2 Cover and cook on low for 7-8 hours (overnight) or on high for 4 hours, until the oats are soft but maintain a bit of chew. Remove cover and stir to evenly combine the ingredients. Enjoy warm with desired toppings.

Notes

Overnight steel cut oats can be refrigerated for up to 1 week or frozen for up to 2 months. To reheat, top desired amount with a few tablespoons of water or milk, then warm in the microwave or in a small saucepan until hot. If the oatmeal is frozen, let thaw overnight in the refrigerator first.

*The ground flaxseed meal I added for a nutritional boost. If you don't have it or do not wish to add it, simply omit it. You can also substitute [chia seeds](#) or [hulled hemp seeds](#).

Nutrition

SERVING: 1(of 6, without toppings—about 1 1/4 cups)

CALORIES: 190kcal

CARBOHYDRATES: 28g

PROTEIN: 7g

FAT: 5g

SATURATED FAT: 1g

POTASSIUM: 28mg

FIBER: 6g

SUGAR: 1g

CALCIUM: 139mg

IRON: 2mg

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