**Slow Cooker Pumpkin Coffeecake Oatmeal**

This oatmeal has a healthy steel-cut oat base mixed with pumpkin and spices. The sweetness comes from the topping, but you can always add some extra sweetener or a splash of vanilla nondairy milk to make it a little sweeter.

Serves: 2 to 3

Ingredients

* ½ cup (40g) steel-cut oats
* 1¾ cup (437ml) Unsweetened Vanilla Almond Milk (or plain plus ½ teaspoon vanilla extract)
* ½ cup (124g) pumpkin
* ½ teaspoon cinnamon

coffee cake topping

* 3 tablespoons brown sugar (or other sweetener if you don't use refined sugar)
* 3 tablespoons pecans or walnuts, chopped
* ½ teaspoon cinnamon

Instructions

The night before:

1. Mix toppings in a small container and cover until the morning. Spray your crock with some oil to help with clean up later (optional).
2. Add all the ingredients except the toppings.
3. Cook on low overnight (7 to 9 hours).

In the morning:

1. Stir your oatmeal well. It may seem watery at the top but if stirred it should be a more uniform consistency.
2. Top with coffee cake topping.