

Crock Pot Cereal

Ingredients

5 c water
2 c 7-grain cereal
1 oz medium apple (peeled & chopped)
1 c apple juice
1/4 c dried apricots, chopped
1/4 c dried cranberries
1/4 c raisins
1/4 c chopped dates
1/4 c maple syrup
1 t ground cinnamon
1/3 c chopped walnuts optional

Instructions

<p>Combine all ingredients in a 5 quart crock pot. Cover and cook on low for 6 or 7 hours, Sprinkle with chopped walnuts if desired when serving. Makes approx 10 cups.</p>