



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Overnight Steel Cut Oats with Pears

24 Servings

Ingredients

6 cups steel cut oats
10 cups unsweetened vanilla almond milk
1 (#10 or 106 ounce) can Pacific Northwest Canned Pears,
diced, in juice, drained and juice reserved
1/4 cup plus 2 tablespoons flax seeds
1/4 cup plus 2 tablespoons chia seeds
2 tablespoons pure vanilla extract
2 tablespoons cinnamon
1-1/2 tablespoons kosher salt
1 tablespoon nutmeg

Method

Combine the oats and almond milk in the slow cooker with 8 cups of water and the reserved pear juice; you should have a total of 24 cups of liquid. Add more water or milk to bring the total amount to 24 cups if the reserved pear juice measures less than 6 cups.

Add the pears to the oat mixture, along with the flax and chia seeds, vanilla, cinnamon, nutmeg and salt. Stir well to combine, place the cover on the slow cooker, and set on low for 8 to 10 hours. Serve the next morning.

Servings

Makes 24 (1/2-cup) servings

Nutrition

<i>Calories:</i>	283
<i>Calories from Fat</i>	5
<i>Fat</i>	6 g
<i>Saturated Fat</i>	1 g
<i>Cholesterol</i>	0 mg
<i>Sodium</i>	80 mg
<i>Carbohydrate</i>	50 g
<i>Dietary Fiber</i>	9 g
<i>Sugar</i>	16 g
<i>Protein</i>	9 g
<i>Vitamin A</i>	153 IU
<i>Vitamin C</i>	3 mg
<i>Calcium</i>	295 mg
<i>Iron</i>	3 mg