



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

# Overnight Steel Cut Oats with Pears

8 Servings

## Ingredients

2 cups steel cut oats  
3 cups unsweetened vanilla almond milk  
3 (15-ounce) cans Pacific Northwest Canned Pears, slices, in juice, drained and juice reserved  
2 tablespoons flax seeds  
2 tablespoons chia seeds  
2 teaspoons pure vanilla extract  
2 teaspoons cinnamon  
1-1/2 teaspoons kosher salt  
1 teaspoon nutmeg

## Method

Combine the oats and almond milk in the slow cooker with 2 cups of water and the reserved pear juice; you should have a total of 8 cups of liquid. Add more water or milk to bring the total amount to 8 cups if the reserved pear juice measures less than 3 cups.

Coarsely chop the pear slices and add 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 8 (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