

APPLE CINNAMON OATMEAL

MAKES: 4 servings (~2/3 cup each)

INGREDIENTS

- 1 medium apple, cored and chopped
- 1 cup old-fashioned oats
- 2 cups water
- 1 teaspoon ground cinnamon
- 2 teaspoons sugar*

*Try brown sugar, honey, or maple syrup instead of white sugar or omit the sugar completely.

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DIRECTIONS

To cook on stove: Bring 2 cups of water to a boil over high heat. Stir in oats and reduce to low heat. Cover and cook, stirring occasionally, for about 4 minutes. Add apples, cinnamon, and sugar (if desired). Cook for 4 more minutes or until apples are soft.

To microwave: Stir together the apple, oats, cinnamon, and water in a large microwave-safe bowl. Cover with a napkin (make sure it does not fall into the bowl). Microwave for 8 minutes until apples are soft. Then stir in sugar (if desired).

Note: Add some healthy protein by adding chopped almonds, sunflower seeds, or peanut butter.

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