



Apple Cinnamon Oatmeal

PREP TIME

10 min

COOK TIME

20 min

TOTAL TIME

25 min

SERVINGS

2-4

COST

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COURSE

Breakfast

INGREDIENTS

Oatmeal

- 1 cup oats
- 2 cups water or milk or milk alternative
- 2 Tbsp maple syrup or brown sugar
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- pinch of salt
- 2 Tbsp chopped pecans or walnuts
*optional

Cinnamon Apple Topping

- 1 cup diced apples
- 1 Tbsp maple syrup or brown sugar
- 1 tsp cinnamon

INSTRUCTIONS

Cinnamon Apple Topping

1. In a small saucepan combine diced apples, maple syrup or brown sugar, and cinnamon. Sautee for a few minutes over medium heat until apples are softened. Set aside.

Oatmeal

1. Add oats, water/milk, maple syrup/brown sugar, cinnamon, vanilla, and salt to a sauce pan over medium-high heat. Bring mixture to a low boil, reduce heat to a low simmer and continue to cook for about 5-7 minutes; stirring occasionally. Oatmeal is ready when the oats have soaked up most of the liquid and are creamy.
2. Transfer to a bowl and top with cinnamon apples, nuts, milk (if desired), a sprinkle of cinnamon, and additional sweetener if needed.
3. Makes 2 large servings or 4 small servings.



Follow these tips for ideas on how to include your kids while making this recipe

Have your kids help dump all the oatmeal ingredients into saucepan

