

Apple Cinnamon Oatmeal



- Transfer to a bowl and top with cinnamon apples, nuts, milk (if desired), a sprinkle of cinnamon, and additional sweetener if needed.
- Makes 2 large servings or 4 small servings.



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

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

Oatmeal

- 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.

Cooking with Kids!

Your kids can help dump all the oatmeal ingredients into saucepan

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