

Apple Cinnamon Oatmeal



Makes:

2 servings, approximately 7 ounces each

Utensil:

1 Qt./9 L Sauce Pan with Cover

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Contributed By:

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1

cup

water

(240

mL)

1

cup

old fashioned (not quick) oatmeal

(156

g)

2

tablespoons

raw sugar, or maple syrup

(25

g)

¹/₄

cup

apples, diced

(31

g)

¹/₄

teaspoon

salt
(1.25
mL)₁^{?4}

teaspoon
cinnamon
(1.25
mL)₁^{?4}

teaspoon
vanilla extract (optional)
(1.25
mL)

Directions:

1. In sauce pan on medium-high, add water, apples, cinnamon, salt and sugar. Cover and cook.
2. When the Vapo-Valve? clicks, stir in oatmeal. Cover and turn heat to low for 5 minutes.
3. For added flavor, sprinkle with additional sweetener, add more apples or other fruit, and almond milk if desired.

Nutritional Information per Serving

Calories:

219

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

294mg

Total Carbs:

42g

Dietary Fiber:

5g

Sugar:

15g

Protein:

7g