

Apple Cinnamon Oatmeal



Makes:

2 servings, approximately 7 ounces each

Utensil:

1 Qt./9 L Sauce Pan with Cover

Rate ★★★★★

Recipe:

Contributed By:

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Authorized Saladmaster® Dealer

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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)
¼ cup
apples, diced
(31
g)
¼ teaspoon
salt
(1.25
mL)
¼ teaspoon
cinnamon
(1.25
mL)
¼ 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 42g

Carbs:

Dietary Fiber: 5g

Sugar: 15g

Protein: 7g