

## *Single serve apple cinnamon oatmeal*

### Ingredients:

- ½ cup diced apples (leave skin on)
- 2 tsp maple syrup
- 1 tsp cinnamon
- ½ cup oats
- 1 cup milk
- ½ Tbsp brown sugar
- ½ tsp vanilla
- 2 Tbsp pecans or walnuts (optional)



### Instructions:

1. In a small saucepan combine apples, maple syrup and ½ tsp cinnamon; sauté for a few minutes until apples are soft. Set aside
2. Add oats, water, brown sugar, ½ tsp cinnamon, and vanilla to a saucepan over medium-high heat.
3. Bring mixture to a boil, reduce heat to a low simmer and continue to cook for about 5-7 minutes; stirring occasionally.
4. Oatmeal is ready when the oats have soaked up most of the liquid and are creamy.
5. Transfer to a bowl and top with cinnamon apples, pecans or walnuts, a sprinkle of cinnamon