



APPLE CINNAMON OATMEAL

PREP TIME

5 minutes

COOK TIME

10 minutes

SERVINGS

2

INGREDIENTS

- 1 Tablespoon olive oil
- 2 small apples, diced
- 1/2 teaspoon ground cinnamon
- 1 cup old-fashioned oats
- 2 cups milk
- Maple syrup for a drizzle topping

DIRECTIONS

1. Heat olive oil over medium heat in a large pot.
2. Add diced apples and saute for 3 minutes. Stir in the cinnamon and mix well. Add in the milk and old-fashioned oats and stir.
3. Cook for 5-7 minutes, stirring constantly.
4. Ladle into two bowls and top with whatever you'd like.
5. Serve.

TOOLS NEEDED

- Cutting board
- Knife
- Large Pot
- Spatula
- Measuring Spoons and Cup

ALLERGENS

- Dairy

HELPFUL TIPS

Top with nuts, maple syrup, ground cinnamon, or chia seeds!

Use any milk or milk alternative.

Recipe adapted from: <https://foolproofliving.com/apple-cinnamon-oatmeal/>

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). This institution is an equal opportunity provider.