

# Recipe of the Month

October 2023



## Apple Cinnamon Oatmeal



### SERVINGS: 5

### INGREDIENTS

2 cups rolled oats  
3 3/4 cups water  
3 small sweet apples or 2 cups apple pieces diced small  
1/2 teaspoon kosher salt

1/2 teaspoon cinnamon

Dash of nutmeg

1/4 cup plus 1-2 tablespoons brown sugar, adjust to taste

Butter (a teaspoon or so for on top of each serving)

Optional: chopped pecans (just a sprinkling for each bowl)

### INSTRUCTIONS

1. Combine the oats, water, apples, cinnamon and nutmeg in a medium size saucepan. Bring to a boil over medium high heat, stirring occasionally.
2. As soon as it boils, reduce heat to low and simmer for just a few minutes, until the oats are soft and the apples are tender. Remove from the heat and add brown sugar to taste.
3. The sweeter the apples, the less brown sugar you will need. Scoop into serving bowls and top with butter and pecans if desired.

*Enjoy!*