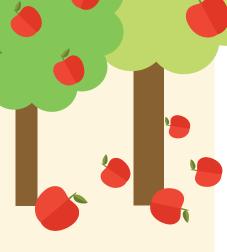
Recipes the 10nth





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.