

Apple Pie Oatmeal

I am a big oatmeal fan and am always grateful when my husband takes the time to make the steel cut kind. Being more of an on-the-fly-in-a-rush breakfast maker/eater, I came up with the following to make something good, quick, healthy and to put to good use the surplus of apples we seemed to be accumulating!



This recipe serves one but can easily be multiplied. You could also make on the stove top if you prefer.

½ cup quick cooking oats

1 cup water

1 small apple

Raisins/Nuts - optional

Apple Pie Spice (or cinnamon and nutmeg and cloves)

1 teaspoon Pure Maple Syrup

Chop the apple into bite sized pieces with skin on (you could peel it, I see no reason to). Cover with a little water and microwave for 1-2 minutes till softened, drain water. In the same bowl with the apple add oatmeal and 1 cup of water and microwave 2 minutes. Check for doneness, stir. Top

with the maple syrup and the spices (and nuts and raisins if you are using). I then pour on a little oat milk....