Apple-Cinnamon Microwave Oatmeal

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 bowl

Ingredients

1 small apple (e.g. Gala, Fuji, Delicious, Pink Lady), cored and finely chopped (about ¾ cup)

½ cup uncooked old fashioned (rolled) oats

½ cup lowfat (1%) milk

½ cup water

¼-½ teaspoon ground cinnamon, to taste

Pinch salt

1 tablespoon unsalted chopped, slivered, or sliced nuts (e.g. almonds, walnuts, pecans)

1-3 teaspoons sweetener, to taste (optional; e.g. maple syrup, honey)

Directions

1. Place the apple, oats, milk, water, cinnamon, and salt in a microwave-safe bowl. Stir to combine.
2. Cook on high power (default setting) in the microwave until thickened and bubbly, about 3-5 minutes, removing once or twice during the cooking time to stir.
3. Top with the selected nuts and sweetener (if using). Serve warm.

Recipe Notes

- For an overnight option, place all of the ingredients, except the selected nuts, in a container with a lid. Cover and refrigerate overnight, at least 8-12 hours. In the morning, serve cold or heat in the microwave for 1 minute and serve warm. Add the nuts just

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 8.5 g | Saturated Fat: 2 g Sodium: 220 mg | Total Carbohydrate: 47 g | Dietary Fiber: 8 g | Protein: 8.5 g

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