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