

Apple Cinnamon Oatmeal



PREHEAT: burner, medium to high temperature

PREP TIME: about 7 minutes

COOK TIME: about 7 minutes

POT: 1 medium sauce pan

1 3/4 cup water.

Pour in saucepan and bring to a boil.

1 cup Oats, organic if possible

Pour into boiling water. Simmer for about 5 minutes. Stir occasionally.

1/2 teaspoon cinnamon

2 Tablespoons sliced almonds (optional)

1/2 teaspoon sea salt

Stir into cooked oats.

1 apple, cut into chunks

2 Tablespoons honey

Stir into cooked oats. Serve warm with rice, almond or 2% organic milk.

OPTIONS: Almonds are optional for those with nut allergies. To save time, replace the apples and honey with organic applesauce. Throw fresh or frozen berries on top.

5 God-made Colors: tan, white, red, golden, brown

4 Food Groups: grains, fruit, herbs/spices, sweet.

We overlook oatmeal as a breakfast staple and we shouldn't. In addition to a morning meal, oatmeal is also a great lunch box and snack dish. Oats are so good for everyone, they blend beautifully with fruit and cinnamon and are easily sweetened with a little honey. It takes "no" time to cook, keeps you nourished and feeling full for hours and is a welcomed comfort food. Yes, it must served warm. On a cold day, warm oatmeal's aroma is alluring and it just plain feels good to eat.

Oats are highly nutritious inexpensive food. food. **Stretch your food budget – buy some.**