

Apple Pie Oatmeal (November 2006)

Serves 2 | Prep time: 5 minutes | Cook time: 7 minutes

2 T slivered/sliced almonds
1 cup rolled oats (not instant)
1 ½ cup rice or almond or non-fat cows milk
1 medium diced apple
2 T raisins
1-2 tsp maple syrup (real) or honey
1 tsp cinnamon

1. Preheat medium saucepan at medium heat.
2. Add almonds to saucepan and toast until lightly browned.
3. Add oats and toast for another minute.
4. Using a wooden spoon, stir frequently to avoid burning.
5. Add milk and increase heat to medium-high. Stirring, allow to simmer.
6. Reduce heat to low. Add apple, raisins, maple syrup and cinnamon.
7. Stirring occasionally to prevent burning, allow to cook 4-5 more minutes or until milk is absorbed.
8. Serve hot!

Apple Pie Oatmeal is a great choice for a cold winter day. It is free of wheat, soy and corn. Low in saturated fat and high in fiber. It will leave you feeling full until lunch!