
**Waukesha County
UW Extension
Farmers Market Fresh**

Golden Apple Oatmeal

Ingredients:

Serves 1

1 apple, diced

1/3 cup apple juice

1/3 cup water

Dash of cinnamon

Dash of nutmeg

1/3 cup oatmeal, uncooked

Optional: nuts and maple
syrup



Directions:

1. In a medium saucepan, combine apples, juice, water, cinnamon, and nutmeg; bring to a boil.
2. Stir in oatmeal; cook on medium for 1 minute.
3. Cover and let stand 3 to 4 minutes before serving.
4. If desired top with crushed nuts and drizzle with maple syrup.