UW-Madison Division of Extension
Waukesha County

Farmers Market Fresh

Golden Apple Oatmeal

Ingredients: *Serves 1*

1 apple, diced

⅓ cup apple juice

⅓ cup water

Dash of cinnamon

Dash of nutmeg

⅓ 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.

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