
Waukesha County
UW Extension

Farmers Market Fresh

Golden Apple Oatmeal

Ingredients:

- 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

Serves 1



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.
UW-Extension provides equal opportunities in employment and programming including Title IX and ADA.

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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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