

Apple Cinnamon Oatmeal

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2 SERVINGS

INGREDIENTS

- 1 cup water
- 1/4 cup apple juice
- 1 apple, cored and chopped
- 2/3 cup rolled oats
- 1 teaspoon ground cinnamon
- 1 cup milk

PREPARATION

- Combine the water, apple juice, and apples in a saucepan. Bring to a boil over high heat, and stir in the rolled oats and cinnamon. Return to a boil, then reduce heat to low, and simmer until thick, about 3 minutes. Spoon into serving bowls, and pour milk over the servings.