

Golden Apple Oatmeal

Makes 1 serving



INGREDIENTS

1 golden delicious apple,
diced

1/3 cup apple juice

1/3 cup water

Dash of cinnamon

Dash of nutmeg

1/3 cup instant oatmeal, uncooked

PREPARATION

1. Combine apples, juice, water and seasonings; bring to a boil.
2. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.
3. Enjoy!

