

Warm apple cinnamon oatmeal

Serves: 1 | Preparation: 5 minutes | Total: 10 minutes

Difficulty: Easy



Ingredients

- ½ apple, chopped into bite sized pieces
- 1 cup water
- ½ cup rolled oats
- ½ tablespoon brown sugar
- ½ teaspoon cinnamon
- Pinch of salt

Instructions

1. In a microwave safe bowl, combine all ingredients and stir well.
2. Microwave for 3 minutes, stirring after every minute to prevent boiling over. Oatmeal and apple should be soft.
3. Serve warm and add optional toppings, such as almonds, walnuts, or brown sugar.