



Family Food Experts

Home of the Kid Kritics Approved Seal

Apple Cinnamon Oatmeal



PREHEAT: burner, medium to high temperature

PANS/EQUIPMENT: 1 medium saucepan

PREP TIME: 7 minutes

COOK TIME: 7 minutes

NUMBER OF SERVINGS: 3 or more depending on ages

1 3/4 cup water

Pour in saucepan and bring to a boil.

1 cup oats, organic if possible

Pour into boiling water. Simmer for about 5 minutes. Stir occasionally.

1/2 teaspoon cinnamon

2 Tablespoons sliced almonds (optional)

1/2 teaspoon sea salt

Stir into cooked oats.

1 apple, cut into chunks

2 Tablespoons honey

Stir into cooked oats. Serve warm with rice, almond or 2% organic milk.

OPTIONS: Almonds are optional for those with nut allergies. To save time, replace the apples and honey with organic applesauce. Throw fresh or frozen berries on top.

5 FOOD COLORS: tan, white, red, golden, brown

4 FOOD GROUPS: grains, fruit, herbs/spices, sweet.

In addition to a morning meal, oatmeal is also a great lunch box and snack dish. Oats are so good for everyone, they blend beautifully with fruit and cinnamon and are easily sweetened with a little honey. It takes "no" time to cook, keeps you nourished and feeling full for hours and is a welcomed comfort food. Oats are highly nutritious inexpensive food. Stretch your food budget - buy some!