

# Apple Cinnamon Oatmeal



## Ingredients:

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|---|---|
| <input type="checkbox"/> 1 cup water                              | <input type="checkbox"/> $\frac{2}{3}$ cups rolled oats |
| <input type="checkbox"/> $\frac{1}{4}$ cup 100% apple juice       | <input type="checkbox"/> 1 teaspoon cinnamon            |
| <input type="checkbox"/> 1 apple, cored and cut into small pieces | <input type="checkbox"/> 1 cup 1% or fat-free milk      |



## Directions:

- 1 Combine apples, apple juice, and water in a saucepan over high heat. Bring to a boil.
- 2 Add rolled oats and cinnamon while stirring. Bring back to a boil and then reduce heat to low.
- 3 Simmer until oatmeal thickens, about 3 minutes.
- 4 Serve in bowls and pour milk over oatmeal.





### Tips:

Cut apples into pieces no larger than ½ inch to prevent choking in young children.

Low-fat milk (1% and fat-free) is appropriate *only* for children over the age of two.