

RECIPE of the MONTH



Apple Cinnamon Oatmeal

SERVES 4

INGREDIENTS:

2 cups Low-fat (1%) Milk
3/4 cup Water
1 Tbsp (approx. ½ oz) Margarine or Butter
2 Tbsp + 1 tsp Brown Sugar (packed)
A small pinch Ground Cinnamon (approx. 1/10tsp)
A small pinch Ground Nutmeg (approx. 1/10tsp)
1/4 tsp Salt
2 cups (approx. 6 oz) Dry Rolled Oats
3/4 cup (approx. 2.3 oz) Fresh Apple, finely diced (about 1/2 of a medium apple)
1/2 cup (approx. 2 oz) Dried Cranberries

INSTRUCTIONS:

1. BOIL THE LIQUIDS AND FLAVORS: In a medium saucepan, combine the milk, water, margarine, brown sugar, cinnamon, nutmeg, and salt. Bring the mixture to a gentle boil over medium-high heat, stirring occasionally to make sure the sugar dissolves.

2. ADD THE OATS AND FRUIT: Stir in the rolled oats, diced apples, and dried cranberries. Turn the heat down to medium-low to maintain a gentle simmer.

3. SIMMER UNTIL THICK 5-7 MINS: Cook uncovered for 5 to 7 minutes, stirring frequently to prevent the bottom from scorching. The oatmeal is ready when the oats have absorbed most of the liquid and are nice and creamy, and the apples are slightly softened.

4. REST AND SERVE: Remove the saucepan from the heat. Let it sit for 2 minutes to thicken up slightly before spooning it into 4 bowls. Top with an extra splash of milk or a sprinkle of brown sugar if desired!



OCTOBER