

# Caramel Apple Oatmeal

A delicious and comforting oatmeal with the flavors of caramel and apples, enhanced with the rich taste of Caramel tea.

**PREP TIME:** 5 minutes

**COOK TIME:** 10 minutes

1 C rolled oats  
2 C water  
1/2 C brewed Caramel tea, cooled  
1 med apple, diced

1 T caramel sauce  
1/2 t ground cinnamon  
1/4 C chopped pecans

**BRING THE WATER** and Caramel tea to a boil in a saucepan.

**ADD THE OATS** and reduce the heat to low.

**COOK, STIRRING OCCASIONALLY**, until the oats are tender, about 5 minutes.

**STIR IN THE APPLE**, caramel sauce, and cinnamon.

**COOK FOR ANOTHER 2 MINUTES**, until the apple is softened.

**SERVE TOPPED** with chopped pecans.