

Spiced Apple Oatmeal

A warm and comforting oatmeal infused with Cinnamon Tea, topped with spiced apples and nuts.

PREP TIME: 5 minutes

1 C Rolled Oats
2 C Milk (or plant-based milk)
1/2 C Brewed and Chilled Cinnamon tea
1 T Honey
1/2 † Vanilla Extract

COOK TIME: 10 minutes

1 Apple (peeled, cored, and diced)
1/2 † Ground Cinnamon
1/4 † Ground Nutmeg
1/4 C Chopped Nuts (such as walnuts or pecans)

COMBINE ROLLED OATS, milk, and Cinnamon tea in a saucepan.

COOK over medium heat, stirring occasionally, until the oats are tender, and the mixture is creamy, about 5-7 minutes.

STIR IN honey and vanilla extract.

IN A SEPARATE PAN, cook the diced apple with ground cinnamon and nutmeg over medium heat until tender, about 3-5 minutes.

SERVE the oatmeal topped with spiced apples and chopped nuts.