

Apple Oatmeal (Stovetop)

Prep	Cook	Total
8 min	7 min	15 min

Serving: 2

Ingredients

$\frac{1}{2}$ cup rolled oats

1 large apple *chopped*

$\frac{1}{2}$ cup unsweetened applesauce

1 cup unsweetened almond milk (*plain or vanilla*)

1 tablespoon chia seeds

1 teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground ginger *optional*

$\frac{1}{8}$ teaspoon fine sea salt

$\frac{1}{2}$ teaspoon pure vanilla extract *optional*

pure maple syrup *optional*

walnuts, pecans, or almonds *optional*

shredded coconut *optional*

raisins *optional*

hemp seeds *optional*

Directions

Combine the oats, apple, applesauce, almond milk, chia seeds, cinnamon, ginger, and salt in a saucepan.

Cook over medium heat for about 5-10 minutes, stirring often. When the mixture thickens and the oats soften, it is ready. Stir in the vanilla, if using.

Pour into a dish and serve with your desired toppings (maple syrup, raisins, nuts, coconut, hemp seeds).

