

UCare Healthy Recipe

Apple Pie Oatmeal



Ingredients:

- 1 small apple
- 1 large pinch of cinnamon
- 1 cup milk
- ½ cup old fashioned oats
- 1 tablespoon of peanut butter (*optional*)

1. Slice an apple into small cubes (keep the skin on the apple), then add the cubes to a microwavable-safe bowl.
2. Add the oats, milk, cinnamon and peanut butter into the bowl. Stir the mixture.
3. Cover and microwave on high for two minutes.