

Apple Pie Oatmeal



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Recipe makes: 3 servings (1/3 of recipe per serving)

Preparation time: 10 to 12 minutes

Cook time: 5 to 7 minutes

Equipment: one stove or hotplate, one medium pot, one knife, one set of measuring cups, one set of measuring spoons, one small bowl, one spoon, three serving bowls

What you need to make this recipe:

- 2 cups skim milk
- 1 medium apple, diced
- 1 cup rolled oats
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup fresh blueberries or thawed frozen blueberries

How to make Apple Pie Oatmeal:

1. Pour the milk into the medium pot. Heat on the stove or hotplate over medium low heat until the milk is steaming.
2. Put half of the diced apple in a small bowl. Gently pour the apple into the milk.
3. When the milk and apple mixture is at a low boil, turn down the stove or hotplate to low heat.
4. Add the oats, cinnamon, nutmeg, and the rest of the diced apple to the milk and apple mixture. Using a spoon, stir until combined.
5. Cook the oatmeal for 5 to 7 minutes, stirring often with a spoon, until most of the milk is absorbed.
6. Take the pot off the stove or hotplate.
7. Divide the oatmeal evenly between three serving bowls. Top oatmeal with the fresh or frozen blueberries.

Nutrition Facts	
Per 1 serving (1/3 of recipe)	
Calories	300
% Daily Value*	
Fat 3 g	4 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 56 g	
Fibre 7 g	25 %
Sugars 24 g	24 %
Protein 14 g	
Cholesterol 5 mg	
Sodium 105 mg	5 %
Calcium 350 mg	27 %
Iron 2 mg	11 %
Vitamin A 150 µg	17 %
Vitamin C 7 mg	8 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains milk.

May contain wheat and gluten.

Substitutions:

To make this recipe milk free, use a milk alternative like unsweetened soy beverage.

To make this recipe wheat and gluten free, use certified gluten-free oats.

Another fruit can be used instead of blueberries.

Storage:

The oatmeal can be stored in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.