

Apple Oatmeal

In this healthy oatmeal recipe, cook apples into your morning oatmeal and you'll start the day right with whole grains and a serving of fruit.



Ingredients

- 4 crisp apples, such as Jazz or Pink Lady, divided
- 1 cup steel-cut oats
- 4 cups water
- 3 tablespoons packed brown sugar, divided
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup nonfat plain Greek yogurt

Instructions

1. Shred 2 apples using the large holes of a box grater, leaving the core behind.
2. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.
3. Meanwhile, chop the remaining 2 apples.
4. After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt and ¾ teaspoon brown sugar.

Yield:

4 servings,
about 1 ¼ cups
each

Active Time:

45 minutes

Total Time:

45 minutes

Nutrition Per Serving

207 Calories, Total Fat: 1 g, Saturated Fat: 0 g, Cholesterol: 0 mg,
Carbohydrates: 46 g, Fiber: 4 g, Total Sugars: 28 g, Added Sugars: 10 g,
Protein: 5 g, Sodium: 166 mg, Potassium: 234 mg, Folate: 10 mcg,
Calcium: 46 mg

Carbohydrate Servings: 3