

Nutrition Education

Golden Apple Oatmeal

½ cup golden delicious apples, sliced

1/3 cup apple juice

1/3 cup water

1/8 tsp. salt (optional)

Dash each of cinnamon & nutmeg

1/3 cup quick-cooking rolled oats,
uncooked

1. Combine apples, juice, water and seasonings; bring to a boil.
2. Stir in rolled oats; cook 1 minute.
3. Cover and let stand several minutes before serving. Makes a 1 cup serving.