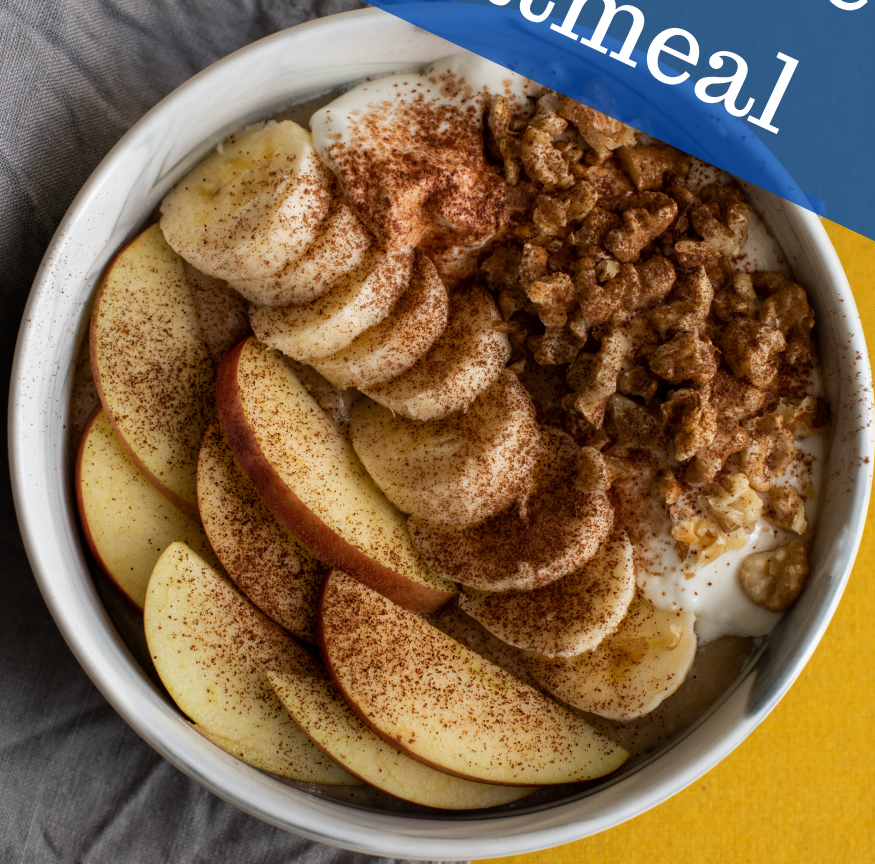


Hearty Apple Pie Oatmeal



Ingredients

- 1 Cup Old Fashioned Oats
- 2 Cups Unsweetened Almond Milk
- 1 Small/Medium Fuji Apple
- 2 Teaspoons Ground Cinnamon
- 2 Teaspoons Agave Nectar
- 1 Cup Apple Sauce, Unsweetened

Directions

1. Wash hands with warm water and soap for 20 seconds, making sure to wash your wrists, under your fingernails, and in between your fingers.
2. Chop the apple using a knife and cutting board.
3. Put the almond milk, oats, chopped apple, applesauce and cinnamon into a pan and gently heat for 4-5 minutes until thickened.
4. Serve in bowl with agave nectar on top.

Nutrition Information

- Yields: 4 servings
- Calories: 221
- Carbohydrates: 47g
- Protein: 5g
- Fats: 4g