



APPLE PIE OATMEAL

Feeling like pie, but do not have the time to make it? Try this!

SERVINGS: 2

PREP TIME: 5-10 MIN

COOK TIME: UP TO MIN 25

INGREDIENTS

- 1 large or 2 small apples (ex. Granny Smith), sliced thin
- 1 tsp. honey or maple syrup
- sprinkle of lemon juice and cinnamon (up to 1 tsp each)
- 1 cup oats (if using instant--this is 3 packets)
- 1 cup water
- 1 cup milk of your choice
- pinch of salt
- 4 whole dates, chopped (if using dried dates, use 1/3 cup and warm with water to soften)

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Line baking sheet with parchment paper or aluminum foil (if using foil, lightly coat it with oil/cooking spray). Toss apples in a bowl with the honey, lemon juice, and cinnamon.
3. Lay apples on baking sheet and bake for 5 minutes. Then, roll paper or foil to create pocket. Bake again until soft--start with 10 minutes and increase as needed.
4. While apples are baking--heat oats, water, milk, and salt on high heat in saucepan. Once oats boil, turn down to medium-low heat and cook until desired creaminess (total around 10 minutes or so). Add dates once heat is turned down.
5. Once oats are cooked to your liking, take off heat. May add extra milk or water if oats are too thick.
6. Place some apple slices on bottom of bowl and top with half of the oats. Place more apples on top and other toppings of your choice--more honey and cinnamon, also nuts.

NOTES

Depending on if you use flavored or plain oatmeal, feel free to adjust cinnamon amount. Feel free to use try out other dried fruit if you do not have dates. Adapted from the Minimalist Baker.