



Apple and Berry Cinnamon Oats

Servings: 1

Prep Time: 5min

Cook Time: 30min



Ingredients

- 2 cups water
- 1 $\frac{3}{4}$ cup apple or berry juice; unsweetened
- 1 cup raw oats
- 1 medium apple; cored and chopped
- 1 tsp. cinnamon
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup blueberries or raspberries
- 1 tsp honey
- 1 cup low fat milk
- $\frac{1}{4}$ cup chopped pecans or almonds; toasted

Directions

1. In a large saucepan bring water and juice to a boil.
2. Stir in the oats, apple, cinnamon and salt. Return mixture to a simmer and reduce the heat.
3. Simmer, uncovered, stirring occasionally, for 30 min. until oats are tender.
4. Stir in berries and honey
5. Serve with milk and chopped pecans or almonds.