

Apple Steel Cut Oatmeal



Apples add natural sweetness and creaminess to oatmeal, so there's no need for sugar or milk! Once you try this, you'll never look back!

Ingredients

2 1/2	Cups	Apple Juice
2		Apples, cored and chopped
1 1/4	Cups	Steel Cut Oats
1	Teaspoon	Ground Cinnamon

Instructions

1. Combine apple juice and apples in a saucepan. Bring to a boil and stir in oats and cinnamon. Return to a boil, then reduce heat to low, and simmer about 25 minutes. Spoon into serving bowls, top with blueberries, maple syrup and milk.