

CINNAMON APPLE RAISIN OATMEAL

INGREDIENTS

A tasty recipe packed with good-for-you foods.

- 2 cups water or milk
- 1 cup oats
- 1 large apple, cored and cut into bite-size chunks
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt (optional)
- Raisins (optional)
- Honey (optional)

PREPARATION

1. Combine all ingredients in a medium-sized pot.
2. Place on the stove uncovered and cook on medium heat for about 5 minutes or until liquid is absorbed.
3. Stir in raisins, apples, and honey. Let cool for 1 minute before serving