

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Apple Oatmeal

Makes: 4 (1 1/4cup) servings • **Prepare Time:** 10 minutes • **Cook Time:** 30 minutes

Ingredients

- 4 crisp apples, such as Jazz or Pink Lady, divided
- 1 cup steel-cut oats
- 4 cups water
- 3 tablespoons packed brown sugar, divided
- ½ teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup nonfat plain Greek yogurt



Preparation

- Shred 2 apples using the large holes of a box grater, leaving the core behind.
- Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples; bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.
- Meanwhile, chop the remaining 2 apples.
- After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon and salt; continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt and 3/4 teaspoon brown sugar.

Nutrition

Per serving (1 ¼ cup serving size): 207 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 46 g carbohydrates; 10 g added sugars; 5 g protein; 4 g fiber; 166 mg sodium; 234 mg potassium.

Tips:

Shopping Tip: Choose unbruised, firm apples with smooth skin. You can store for up to 4 months in the refrigerator.

