

Easy Make Ahead Apple Cinnamon Oatmeal

Serves 4

Ingredients:

2 cups of fat-free milk, low-fat milk or milk alternative

2 cups water

1 cup steel cut oats

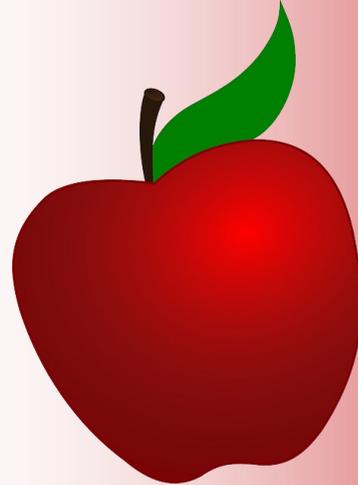
1 medium apple, cored and diced

2 tbsp ground flaxseed

1 tsp cinnamon

1 tbsp pure maple syrup

1 tsp vanilla extract



Directions:

1. In a medium pot over high heat, bring water to a boil.
2. Once water is boiling, add oats, apple, flaxseed, cinnamon and maple syrup. Boil for about two minutes, stirring occasionally to prevent overflow.
3. After two minutes, remove pan from heat. The oatmeal should stop boiling. Stir in vanilla. Cover pot and allow mixture to sit overnight.
4. In the morning, heat pot over medium heat to warm through. Top with additional cinnamon, dried cherries, frozen berries, additional apple, natural peanut butter, pecans, etc. Great creative with toppings! This adds great flavor and additional nutrition to help keep you full until lunch.

Nutrition Information for 1 serving (Calculated using fat-free milk and no toppings): 243 calories, 3.7 grams of fat, 0.6 grams of saturated fat, 2.5 grams of cholesterol, 65.8 grams of sodium, 43.6 grams of carbohydrate (~3 servings of carbohydrate), 5.8 grams of fiber, 10.1 grams of protein