

APPLE HARVEST OATMEAL



INGREDIENTS:

- 2½ cups water
- 1½ cups quick cooking oats
- 1 apple, peeled and grated
- 1 teaspoon apple pie spice or cinnamon

INSTRUCTIONS:

1. Combine water and oats in a pot and bring to a boil.
2. Cook about 1 minute over medium heat, stirring occasionally.
3. Add grated apples into the pot.
4. Remove from heat, cover, and let stand for 5 minutes, until thick and creamy.
5. Divide into 4 bowls.
6. Eat and enjoy!

Harvest
of the
Month™

CalFresh
1-877-410-8809



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

Yield: 4 servings
Source: eatfresh.org

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