



Apple Cinnamon Oatmeal

Potential Health Benefits

Balance Hormones. Lower LDL Cholesterol. Improve Digestion. Increase Immunity. Heart Health.

Ingredients :

1/2 cup gluten free rolled oats
1 cup almond milk
3/4 cup apple pieces
1/4 teaspoon cinnamon powder
1 teaspoon coconut sugar
1 teaspoon butter
1 teaspoon chopped almond
1 teaspoon raisins
4 pieces apple slices

Directions :

1. Combine the oats, almond milk, apples, cinnamon in a saucepan. Bring to boil over medium heat, stirring occasionally.
2. As soon as it boils, reduce heat to low and simmer for 2 minutes or until the oats are soft and the apples are tender.
3. Remove from the heat and add coconut sugar and butter.
4. Scoop into serving bows and top with raisins, chopped almond and apple slices.

♥ *If you love apple, you'll love this apple cinnamon oatmeal. Warm, cozy and loaded with cooked apples and delicious spices. Choose gluten free gut-friendly oats.*