

Apple Walnut Oatmeal

EASY | RECIPE

- 1 cup **water**
- ¼ cup **apple juice**
- 1 cup diced **apple**
- ¼ cup chopped **walnuts**
- ⅔ cup **rolled oats**
- ½ tsp **cinnamon**

1. Place water, juice and apples in a medium-sized pot and bring to a boil.
2. Stir in the walnuts, oats and cinnamon.
3. Reduce heat and simmer 5-10 minutes, depending on the consistency you like.

Tip: Serve with ½ cup plain Greek yogurt to add 12 grams of protein to your breakfast.



Makes 2 servings. Per serving:

244 calories | 8g protein | 11g total fat | 1g saturated fat | 1.5g mono fat | 7.25g poly fat
0mg cholesterol | 31g carbohydrate | 9g sugar | 6g fiber | 3mg sodium