

Apple-Cinnamon Oatmeal

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-recipe-for-thanksgiving-breakfast>

Ingredients:

- 4 cups water
- 1/2 teaspoon salt optional
- 1 cup oatmeal coarsely ground whole-grain
- 2 apples large, crisp, sweet, halved and cored
- 1 teaspoon ground cinnamon
- 1/4 cup honey or to taste

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 44 grams
3. Fat: 1 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 360 milligrams
7. Sugar: 27 grams

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