



Golden Apple Oatmeal

Makes a 1 cup serving

Ingredients:

- ½ cup Golden Delicious Apples, diced
- ⅓ cup Apple Juice
- ⅓ cup Water
- ⅛ tsp. Salt (optional)
- Dash of Cinnamon
- ⅓ cup Quick-Cooking Rolled Oats, uncooked

Directions:

1. Combine apples, juice, water and seasonings into a pan and place on stove; bring to a boil.
2. Stir in rolled oats; cook for 1 minute
3. Cover and let stand several minutes before serving.