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## **Sweeter-Than-Apple-Pie Oatmeal**

### **Ingredients**

- 1/2 cup rolled oats
- 1 cup water
- 1/2 apple, cored and chopped
- 1 Apple Pie Quest bar, cut into small pieces
- 1 tbsp cinnamon
- 2 tbsp Stevia
- 1/2 tsp ground nutmeg
- 1/2 tsp vanilla extract



### **Directions**

1. Bring the water to a boil in a small saucepan.
2. Add oats, chopped apple, cinnamon, nutmeg, Stevia and vanilla extract to the pan.
3. Reduce the heat to medium and cook for 4-5 minutes, stir occasionally.
4. Pour the mixture in 2 separate bowls.
5. Top each with 1/2 of the Quest bar pieces and let stand in the microwave for 10 seconds.

### **Nutritional Facts**

Recipe serves 2

Calories: 222

Fat: 4.7 g

Carbs: 50.6 g

Protein: 13.8 g