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Apple Cinnamon Oatmeal

This recipe is about three things: texture, flavor, and sweetness. From the sweet cinnamon-sugar combo to the crunch of the apples (which contrasts nicely with the smooth oatmeal), this meal will settle any hankering you've got for apple pie.

Ingredients:

Quick cooking rolled oats 1/3 cup
Water 1/3 cup
Diced apple 1/2
Cinnamon 1 tsp
Brown sugar 1 tbsp
Butter 1 tbsp
Stevia 1 tbsp

Directions:

1. Mix apple with cinnamon and brown sugar.
2. Top with warm oatmeal. Mix and serve.

Nutrition Facts:

Serving size: 1 bowl
Recipe yields: 1 serving
Calories: 344
Fat: 15 g
Carbs: 51 g
Protein: 5 g