

Cinnamon Apple Oatmeal

Start your day with a warm and comforting bowl of cinnamon-spiced oatmeal topped with caramelized apples.


15 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1 pinch of salt
- 1/2 teaspoon ground cinnamon
- 1 apple, sliced
- 1 tablespoon butter
- 1 tablespoon brown sugar

Steps

- 1 In a small saucepan, bring water to a boil.
- 2 Stir in rolled oats and salt, reduce heat to low, and cook for about 5 minutes, stirring occasionally.
- 3 In a separate pan, melt butter over medium heat.
- 4 Add sliced apples, brown sugar, and cinnamon. Cook until apples are tender and caramelized.
- 5 Serve oatmeal in a bowl, top with caramelized apples, and sprinkle extra cinnamon if desired.