

# APPLE PIE OATMEAL



## Ingredients

- 1/2 Cup Oats
- 2/3 Cup Boiled Hot Water
- 1 Apple
- 1/2 Tsp Honey
- 1/2 Tsp Cinnamon (plus a little extra)
- Pinch of Salt
- A Few Raisins
- Seeds (optional)

## Preparation

1. Boil a kettle of water.
2. To a bowl, add the oats and pinch of salt.
3. Grate half of your apple and add that with the cinnamon to the bowl.
4. Once the kettle has boiled, add the water to the oats and stir everything together.
5. Let that sit for up to 5 minutes.
6. While the oats soak up the water, dice the other half of the apple and toss the pieces in some cinnamon.
7. Add the diced apple on top of the oats and microwave the oatmeal for 1 minute.
8. To finish, drizzle the honey on top and you can add the raisins and/or seeds too.

## Prep Time

- Prep: 6 minutes
- Cooking: 1 minute
- Total: 7 minutes

Enjoy!