

Chef Quincy's Oatmeal & Sauteéd Cinnamon Apples



Equipment:

- Measuring cups & spoons
- Medium pot with lid
- Large saute pan
- Mixing bowl
- Serving spoon

Ingredients

- 2 c. oatmeal
- 4 c. cold water or lowfat milk
- 4 large apples
- 4 Tbsp butter or coconut oil, divided
- 3 Tbsp brown sugar
- 1 1/2 tsp cinnamon, divided
- 1/8 tsp salt
- 1 lemon—juiced

Directions:

In a sauce pan, combine the oatmeal with the water or milk, salt, 1/2 tsp of cinnamon and let it simmer for 10-15 minutes, stirring occasionally. Set aside and add 2 Tbsp butter or coconut oil and a bit more liquid as it sits because it will continue to thicken up.

In another sauté pan, heat remainder of butter or coconut oil for 1 minute, then add cut apples, cinnamon and brown sugar, stirring occasionally for 10-12 minutes until soft.

To serve, place 3/4 cup of oatmeal into a bowl and top with the cooked apples and finish with fresh whipped cream or a drizzle of honey, if desired.

Total Time: 20 minutes

Serves 6-8