

RECIPE 01

Apple Cinnamon Oatmeal

Soft oats with fresh apple and cinnamon.

TIME 12 min

MAKES 1 serving



INGREDIENTS

- 200 ml (about 3/4 cup + 1 tbsp) milk or plant-based milk
- 3 tbsp oats
- 1/2 apple, diced
- Pinch of cinnamon

ILLUSTRATED STEPS

Apple Cinnamon Oatmeal



01

Add the oats and milk to a small saucepan.



02

Warm over low heat, stirring for 3 minutes.



03

Add the apple and continue stirring until soft and thick.



04

Transfer to a bowl and sprinkle with cinnamon.

HELPFUL TIP

Add a spoonful of water if the oats become too thick.

CAUTION

Serve carefully while hot. May contain milk and oats.

UNDERSTAND YOUR RECIPE

Apple Cinnamon Oatmeal

WHAT THIS OFFERS

Warm oat breakfast. Oats form the grain base; apple adds fruit and texture. Includes a grain-based ingredient. See N1.

WHEN IT FITS / REALISTIC EXPECTATIONS

A practical way to include oats in breakfast. Stir often; add liquid gradually to control thickness.

MAKE IT WORK FOR YOU

For lactose intolerance, use a suitable lactose-free dairy product. A dairy-free swap needs label checks; plant drinks differ in protein and fortification. If you avoid gluten, choose certified gluten-free oats and check all other ingredients. Keep the same oat type: oat flour and large rolled oats do not behave identically.

IF THE RESULT IS DIFFERENT

Too thick: add hot water a tablespoon at a time. Too thin: simmer gently with the lid off. Sticking: lower the heat and stir. Do not increase seasoning until the final thickness is right.

PREPARE AHEAD / STORE SAFELY

Refrigerate promptly in shallow containers. General cooked-leftover guidance is three to four days at 40 F (4 C) or below, not a tested shelf life for this recipe. Reheat leftovers to 165 F (74 C). [S1-S3]

Ingredient roles are editorial interpretations; exact recipes have not been clinically tested.