

APPLE SPICED OATS

Katie Simmons

INGREDIENTS

0 MINUTES 2 SERVINGS

- 1/2 tsp cinnamon
- 3/4 cup thick rolled oats
- 1/4 cup pecan pieces
- 1/4 tsp ground nutmeg
- 1 big sweet Apple, like Fuji or Gala



1

Gather ingredients. Preheat oven to 350F



2

Toast pecan in 350F oven until golden, 8-10 minutes. You can do a big batch and keep them on your counter up to a week, freezer or fridge for longer



3

Place oats and spices in a pot. Cover and toast over medium heat, stirring often, just until aromatic, only a couple of minutes





4

Core and dice Apple



5

Oats should be golden and spices aromatic



6

Add apples and 1 1/2 cups water. Cover and bring to a boil. Reduce heat and simmer until oats are soft, just 5-7 minutes.



7

You can make a big batch then simply reheat when hungry



8

Top with toasted pecans to serve

