



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Apple-Cinnamon Oatmeal with an Egg Boost

Ingredients:

- 1 egg
- 1/3 cup milk
- 1/3 cup quick-cooking oats
- 1/4 cup finely chopped apple
- 1 tablespoon sugar (optional)
- 1/4 teaspoon ground cinnamon
- Dash salt (optional)
- 1/4 cup vanilla yogurt

Directions:

1. Beat the egg and milk in a 2-cup microwave-safe bowl until blended. Stir in the oats, apple, sugar, cinnamon and salt.
2. Microwave on high until the liquid is absorbed and the egg is set, 1 ½ to 2 minutes.
3. Stir and top with yogurt. Garnish with additional chopped apples if you wish.

Serves 1

Nutrition: 330 calories, 9 g fat, 48 g carbohydrate, 16 g protein, 150 mg sodium

Source: Oldways

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