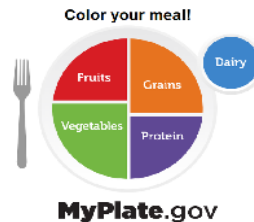


APPLE OATMEAL



Serving size: ½ cup Number of servings: 4

Ingredients

1 medium Golden Delicious apple, diced

1/3 cup water

Dash of nutmeg

1/3 cup 100% apple juice

Dash of cinnamon

1/3 cup quick-cook rolled oats, uncooked

Directions

1. Combine apple, juice, water and seasonings in a medium saucepan. Bring to a boil.
2. Add in rolled oats; cook 1-2 minutes, stirring frequently.
3. Cover and let stand several minutes before serving.

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