

## Oatmeal with Apples



### Ingredients:

- 1 apple, peeled, cored, and finely chopped
- 2 1/3 cup water
- 1 1/3 cup quick-cooking oats
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 tablespoons raisins
- 2 teaspoons honey
- 1 teaspoon vanilla extract

### Directions:

1. In a saucepan, combine water, oats, apple, cinnamon and salt.
2. Bring to a boil for 1 minute, stirring occasionally.
3. Remove from the heat. Stir in raisins, honey, and vanilla.
4. Cover and let stand for 5 minutes.
5. Serve after cooling.

Makes 3 servings.



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