

## APPLESAUCE OATMEAL

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*Applesauce oatmeal is a quick and easy breakfast idea that uses 4 simple ingredients. It is a great way to use extra applesauce you may have on hand. This recipe has notes of cinnamon shining through; it's a perfect recipe for a cozy morning.*

**Yield:** 1 serving

### Ingredients:

- ½ cup **milk** of choice (low-fat milk option is preferred)
- ½ cup **rolled quick oats**
- ½ cup **unsweetened applesauce**
- ¼ tsp **ground cinnamon**

### Instructions:

1. Heat milk in a small saucepan on medium heat.
2. Add oats and applesauce. Stir to combine.
3. Bring to a boil and reduce the heat.
4. Allow to simmer for 4-5 minutes, stirring occasionally.
5. Remove from heat. Mix in the cinnamon. Pour into a bowl and enjoy.

**Per Serving:** Calories 94, Carbohydrates, 20.3 g, Protein 4.4 g, Saturated Fat 0.1 g, Sodium 54 mg, Fiber 1.7g, Sugars 17.7 g  
This recipe was adapted from [www.atasteofmadness.com](http://www.atasteofmadness.com).

