

Portion Size: 1 Cup

## Apple Pie Oatmeal with Walnuts

*Hot oatmeal cereal with apple pie flavors*

*Yield: 6 Servings*

1-3/4 cup	Old Fashioned Oatmeal Cereal, Dry
3 cup	Fresh Apples, Diced
1 qt	Water
1 tbsp	Ground Cinnamon
3/4 tsp	Ground Ginger
3 tbsp	Pure Maple Syrup
1/4 tsp	Kosher Salt
1 tbsp	Pure Vanilla Extract
6 tbsp	Walnut Halves & Pieces, Chopped and Toasted



Place all ingredients (except the walnuts) into a pot and bring to a boil. Simmer for 5 minutes. Serve with toasted walnuts.

**Chef Notes:** To peel or not is a personal preference. Leaving the peel on, you get more nutrients and fiber; peeling the skin removes unwanted traces of pesticides. Whether you choose to peel or not, always wash your produce.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
206.2	4.5	33.8	6.5	106.8	0.7	5