



Healthy Apple Oatmeal

Serving: 1

Veg

Ingredients

- 2 tbsp quick cooking rolled oats
- 1 tsp honey
- 1 tbsp finely chopped dates (khajur)
- $\frac{1}{4}$ tsp cinnamon (dalchini) powder
- a pinch of salt
- 2 tbsp chopped green apple

Preparation Method

- Combine all the ingredients, except the apples in a glass jar and mix well.
- Pour little of hot water and mix well.
- Close the lid and keep aside for 5 minutes.
- After 5 minutes, mix it well, top it with the apples and serve immediately