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Serving: 1 Veg

Ingredients

- 2 tbsp quick cooking rolled oats
- $1/_4$ cup low fat milk
- 1 tsp jaggary powder
- 1 pinches cinnamon (dalchini) powder
- 2 tsp chopped walnuts (akhrot)
- 1/2 chopped apple with skin

Preparation Method

- In a deep non-stick pan, combine the oats, low fat milk and jaggary
- and cook for 3 to 5 minutes or till the oats turn soft.
- Remove form the flame, add the cinammon, walnuts and chopped apples and mix well.
- Serve immediately.