



Apple Oatsmeal

Serving: 1

Veg

Ingredients

- 2 tbsp quick cooking rolled oats
- $\frac{1}{4}$ cup low fat milk
- 1 tsp jaggary powder
- 1 pinch cinnamon (dalchini) powder
- 2 tsp chopped walnuts (akhrot)
- $\frac{1}{2}$ 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 from the flame, add the cinnamon, walnuts and chopped apples and mix well.
- Serve immediately.