

Apple Pie Oatmeal (THM E)

Single Serve

Ingredients:

Topping:

- 1 small or ½ a large apple, diced
- 1 tsp cinnamon
- 1 tsp THM Gentle Sweet
- Splash of water

Oatmeal:

- ¼ cup Old Fashioned Oats
- ¼ cup Steel Cut Oats (I buy the quick cook kind)
- 1 tsp psyllium flakes
- 1 tsp ground flaxseeds
- 1 tsp cinnamon
- 1 doonk (1/32 tsp) Pure Stevia
- ¼ cup egg whites
- 1.5 cups water
- ½ tsp maple extract
- ½ tsp butter extract
- 10 raisins (optional, but so yummy!)

Directions:

Place all the ingredients for the topping in a saucepan and simmer until tender.

Meanwhile, place all oatmeal ingredients in a small pot (I like to mix the dry ingredients before adding the wet ingredients). Bring to a boil.

Pour oatmeal into a bowl and top with the apple topping. Enjoy!