

Eat
Well



APPLE PIE OATMEAL

Nothing says fall like the sweet aroma of apple pie. Warm up on a crisp morning with this creamy, whole grain oatmeal.

Prep
Time

5
min

Cook
Time

15
min

Makes 4
Servings



- 625 mL (2 1/2 cups) skim milk
- 250 mL (1 cup) water
- 325 mL (1 1/3 cup) large flake oats
- 75 mL (1/3 cup) wheat germ
- 30 mL (2 tbsp) packed brown sugar
- 2 mL (1/2 tsp) pumpkin pie spice or ground cinnamon
- 1 apple, cored and diced
- 30 mL (2 tbsp) dried cranberries (optional)

1. In a large saucepan, bring milk and water to a gentle boil over medium-high heat. Stir in oats and wheat germ. Reduce heat to medium-low heat; stir in sugar and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.

2. Remove from heat and stir in apple and cranberries, if using. Cover and let stand for 5 minutes before serving.

NUTRIENTS PER SERVING

% DV

| | | |
|-------------------|-------|------|
| Calories | 249 | - |
| Fat | 3 g | 5 % |
| Saturated + Trans | 1 g | 4 % |
| | 0 g | - |
| Cholesterol | 3 mg | - |
| Sodium | 73 mg | 3 % |
| Carbohydrate | 44 g | 15 % |
| Fibre | 5 g | 21 % |
| Sugars | 17 g | - |
| Protein | 13 g | - |
| Vitamin A | - | 10 % |
| Vitamin C | - | 1 % |
| Calcium | - | 21 % |
| Iron | - | 16 % |



TIPS

- Like cooked apples that melt in your mouth? Simply add it earlier and cook until desired texture.
- Double up on bone building benefits by swapping water for milk.
- For an extra boost of fibre, use pears instead of apples.
- Short on time in the morning? Make the oatmeal the night before and warm it in the microwave the next morning with a splash of milk.
- Switch it up! Use your favourite seasonal fruit instead of apple. Try peaches, plums, strawberries, blueberries or pears.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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