

OH SHE GLOWS

GLOW FROM THE INSIDE OUT

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APPLE PIE OATMEAL

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For whatever reason, I have this burning desire to take otherwise ‘normal’ recipes and turn them into spin-offs of my favourite desserts.

[Carrot Cake Oatmeal.](#)

[Apple Pie Muffin Tops.](#)

[Pumpkin Pie Monster.](#)

[Zucchini Bread oatmeal.](#)

[Oatmeal Cookie VOO.](#)

[Pumpkin Pie VOO.](#)

Pecan Pie ‘Truffles’.

You might call this weird, but I call it *totally normal*...as long as I don't look over my [Recipes](#) page all at once and then I start to think an intervention might be necessary.

My theory is that I am making up for lost time. After struggling with an eating disorder for 10 years, it is now time to **have fun with food**. Long gone are the days of eating the same 3 meals day in and day out and constantly feeling deprived. I like to have fun with food now, but at the same time, I want my food to work for me and leave me feeling my best.

This burning desire to recreate desserts is especially strong at breakfast time; although I will be the first to admit that I don't care for something *too sweet* in the morning. [Carrot Cake Oatmeal](#) and [Pumpkin Pie Overnight Oats](#) are on my regular breakfast rotation and I feel like I am beating the system getting to eat such delicious food first thing in the morning. And who doesn't like to beat the system?

Naturally, the next dessert on my breakfast hit list is **Apple Pie Oatmeal**. It took me a couple of trials, but I was blown away by the taste of my most recent attempt and I knew I had to share it with you on this blistery Winter morning.



APPLE PIE OATMEAL

Vegan, oil-free, soy-free



4.8 from 6 reviews



Yield
2 small bowls

Prep time
10 minutes

Cook time
12 minutes

A warm embrace on a cold winter day, this Apple Pie Oatmeal will remind you of delicious apple pie, but will leave you feeling energized and ready to tackle the

day ahead. The leftovers (if there are any!) taste amazing chilled, too.

INGREDIENTS

1/3 cup rolled oats (use certified gluten-free, if necessary)
1 large apple, peeled and chopped into 1/2-inch pieces (about 1 1/3 cups)
1 tablespoon chia seeds
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger
Pinch fine sea salt
1 to 1 1/4 cups (250 to 310 mL) unsweetened almond milk, as needed
1 1/2 tablespoons (22 mL) pure maple syrup
1/2 cup (125 mL) unsweetened applesauce
1/2 teaspoon (2.5 mL) pure vanilla extract
1 teaspoon (5 mL) fresh lemon juice (optional)

SUGGESTED TOPPINGS:

2 tablespoons chopped walnuts
Diced apples
Coconut sugar
Cinnamon and ground ginger
Granola
Coconut Whipped Cream

DIRECTIONS

1. In a medium sized pot over medium heat, whisk together the oats, apple, chia seeds, cinnamon, ginger, salt, milk, maple syrup, and applesauce until combined.
2. Cook over medium heat for about 9 to 15 minutes, stirring often. When the mixture thickens and the oats soften, it is ready.
3. Stir in the pure vanilla extract and lemon juice (if using).
4. Pour into a dish and serve with your desired toppings.

NUTRITION INFORMATION (click to expand)

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If you've made this recipe I'd love to see it.

Tag @ohsheglows on Instagram and hashtag #ohsheglows so that we can all take a look!



This recipe really excites me because not only did I go crazy over the taste, but I love recipes that are based around simple, plant-based foods. They leave me feeling energized!



Add the oats, peeled and chopped apple, chia seeds, unsweetened applesauce, Almond milk, cinnamon, ginger, pinch of kosher salt into a pot and whisk well.

Cook for about 8 minutes over medium heat.



The applesauce, chia seeds, and chopped apple really bulk up this oatmeal! It turns into a huge bowl, which is always a good thing.



Sprinkle with chopped walnuts, cinnamon, and a drizzle of maple syrup!



Swirl.



and dig in to one of the most comforting bowls of oatmeal I have ever tried.



I also made some **Zucchini Bread Oatmeal** last week...



Mmm. Zucchini Bread.



It was quite delicious, but the recipe still needs some tweaking before I am ready to share it! I am really excited about this one though.



You might want to check out my [Carrot Cake Oatmeal](#) too.



Monday mentionable:

1. Check out my new **Favourite Sweets** list on the right hand sidebar...I will be updating it on a regular basis with my favourite sweet treats.

Have a great start to your week!

MORE BREAKFAST RECIPES



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Cake Loaf with Lemon Glaze



Flax Glowballs



Meal Prep Week-Long Power Bowls



Crunchy Dill Chickpea Pancakes
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Kat D

① 11 years ago

When you use oats, are you using the usual Quaker oats or a different type?

 [Reply](#)

Angela Liddon (Oh She Glows) Author

 [Reply to Kat D](#) ① 11 years ago

Yes Quaker rolled oats will work :) Anything that says rolled oats or regular oats usually mean the same thing! Hope this helps.

 [Reply](#)

Kat D

 [Reply to Angela Liddon \(Oh She Glows\)](#) ① 11 years ago

Thank you! I've copied all of the recipes and I cannot wait to try them ALL

 Reply**Kate** 11 years ago

We just got 10 inches of snow dumped on us last night (the weather people were a little off on their three inch estimate). I've been waiting to try this oatmeal and today was the perfect day. I love this oatmeal. Even the bites with no apple taste delicious. Will definitely be making this again! Thanks for sharing!

 Reply**Emmett M** 11 years ago

Fantastic recipe. I made it this morning. My home smells like a pie factory:) It was so yummy!! Thanks!!

 Reply**Sarah** 11 years ago

Having this for dinner tonight. SO good! Thanks :)

 Reply**janine** 11 years ago

I doubled this recipe today and I know I followed the directions properly but it was way too runny. I added another handful of oats and it was perfect. I wonder if this recipe just doesn't work if you double it?

 Reply**Angel** 11 years ago

Awesome recipe!

I would love to see one of an actual apple pie too. I'm sure that this oatmeal version is probably healthier but it would be great to see your versions of more common desserts as well.

 Reply

Brenda

⌚ 11 years ago

Could I make this with Steel Cut Oats instead of oatmeal?

➔ Reply

Paula

⌚ 10 years ago

Can I sub almond milk with rice milk or soy? Id love to make this but my son is allergic to nuts. :(

➔ Reply

Adriane

⌚ 9 years ago

I just made this and added a giant blob of peanut butter on top, and and oh my gosh can I say heaven in a bowl? I've been recovering from restrictive eating myself, and love finding nourishing yet beautiful recipes thank you!

➔ Reply

Maria

⌚ 9 years ago

Recipe Rating :



Oh my... Just made this one up.. Heaven in a bowl.. THANK YOU ❤️❤️❤️

➔ Reply

Angela Liddon

✉ Reply to Maria ⌚ 9 years ago

Glad you enjoyed it, Maria!

➔ Reply

Jonathan

⌚ 9 years ago

I've been making this recipe for a while and I love it! I've modified it a bit to fit my own taste and what ingredients I usually have (wheat germ instead of chia seeds etc.) and it always comes out great. I've actually been experimenting with adding a little bit of curry powder to it, and I love how it turns out. Just 1/8 tsp. of curry powder for a tiny bit of warmth.

 Reply**Angela Liddon** Reply to [Jonathan](#)  9 years ago

Curry powder sounds like such a great twist, Jonathan! Now I'm curious – I'll have to test that out sometime, for sure.

 Reply**Jessica** 9 years ago

Recipe Rating :



I have been making this recipe for some time now, and I have to tell you it is one my absolute favorites!!!! PRO TIP: Bake the apples with lemon juice and cinnamon before adding them to the oatmeal. Sooo delicious!! Cannot wait to start making this now that fall is arriving :)

 Reply**Angela Liddon** Reply to [Jessica](#)  9 years ago

Great idea, Jessica!

 Reply**Kate** 8 years ago

Recipe Rating :



Oh wow, this was awesome!! I used a honey crisp and holy! There was SO much I was full for HOURS. Honestly I didn't even want lunch until 3 pm. And it was super delicious! Perfect fall breakfast!

 Reply**Maria** 8 years ago

Recipe Rating :



I made this for breakfast today, my first time adding chia seeds to oatmeal. It was delicious! I omitted the maple syrup as I'm trying to avoid added sugar, and also did not add applesauce, just a big chopped up apple. Very yummy, thanks for the recipe!

→ Reply

Angela Liddon

Reply to [Maria](#) ⏱ 8 years ago

So glad you enjoyed it, Maria!

→ Reply

Freyja

⌚ 6 years ago

What apple sauce did you use? Unsure where to get this!

→ Reply

Angela (Oh She Glows)

Reply to [Freyja](#) ⏱ 6 years ago

Hey Freyja, you can make your own if you don't have access to store-bought applesauce. I usually buy whatever my grocery store (I like organic and in glass jars) has and keep it stocked in my pantry.

→ Reply

Sarah

⌚ 5 years ago

Recipe Rating :



I just made the Apple Pie Oatmeal, and OMG! This is the best oatmeal I have ever had! I added a tablespoon of coconut oil to it because I am suffering from Post-Concussion Syndrome and need to get my fats up, but that was the only change! Absolutely delicious!! I used the recipe directly from the cookbook, but loved it so much I wanted to log on to leave a review! Thank you!!

→ Reply

Nancy Reich

⌚ 3 years ago

I love this recipe. Nothing like oatmeal to warm up your tummy on a winter morning. You can't beat the lovely odour of apples, cinnamon and maple syrup. Even my fussy eighteen year old son eats this.

 Reply**Autumn Dirr**

⌚ 2 years ago

Recipe Rating :



Delicious! Thank you!

 Reply[« Previous](#) [1](#) [...](#) [5](#) [6](#) [7](#)**ABOUT ANGELA**

I'm Angela, the founder of Oh She Glows. Since 2008, I've been on a journey to glow from the inside out by creating crowd-pleasing plant-based recipes. I'm a New York Times Bestselling cookbook author and award-winning app creator. Click below for my full story!

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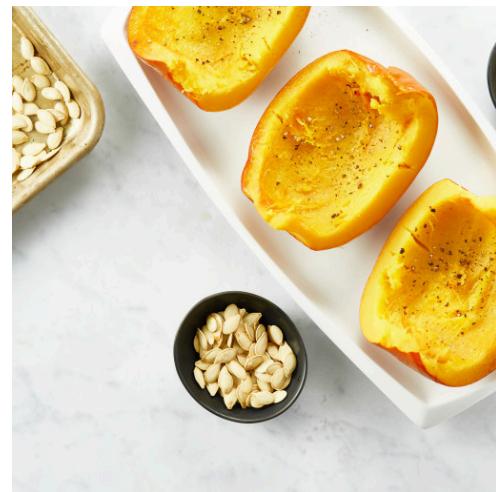
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Nourishing Plant-Based Meals to
Keep You Glowing is packed with
more than 100 dinner- and
lunch-friendly vegan recipes!

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