



Apple Pie Oatmeal with Cinnamon and Toasty Walnuts

Makes: 1 Serving

Total Time: 20 minutes



Ingredients

- ½ cup Old Fashioned Oats
- 1 cup water (or skim milk)
- 2 Tablespoons Benecol®, divided
- ½ medium apple, chopped and divided
- ¼ tsp. ground cinnamon
- 2 Tablespoons walnuts, toasted or untoasted

Preparation

1. In a small pot, bring water (or skim milk) to a simmer and add old fashioned oats, 1 Tablespoon of Benecol® and half of the chopped apple.
2. Reduce heat and simmer for 5 minutes.
3. When the oats are tender, pour into a bowl and top with remaining tablespoon of Benecol®, apple, cinnamon and toasted walnuts. Serve warm and enjoy with heart healthy goodness of Benecol®.