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a nut-free cooking blog

Apple Pumpkin Oatmeal

Yield: 4 servings

Time: 15 minutes

1 cup apple cider (or apple juice)
1¼ cups water
1½ cups oats
1 apple, cored and diced
¼ cup pumpkin puree
¼ tsp. ground ginger
½ tsp. cinnamon
2 tbsp. brown sugar
¾ tsp. vanilla extract

Optional:

maple syrup
milk



1. Combine the apple cider and water in a saucepan. Bring to a boil. Once boiling, stir in the oats and turn the heat down to medium-low.
2. Stir in the diced apple, pumpkin puree, ginger, cinnamon, brown sugar and vanilla. Continue to cook over medium-low heat, stirring occasionally, for five minutes.

I like to drizzle my oatmeal with maple syrup and skim milk before serving. You could also try apple cider instead of milk (which would keep it vegan). Enjoy!