



Apple Pie Oatmeal

Servings **1 big bowl**

Prep **10 min**

Cook **12 min**

Ingredients

1/3 cup Rolled Oats

1 large Apple (peeled and chopped into 1/2-inch pieces) (about 1 1/3 cups)

1 Tbsp Chia Seeds

1 Tbsp Ground Cinnamon

1/4 tsp Ground Ginger

1 Pinch Fine Sea Salt

1-1 1/4 cups Unsweetened Almond Milk (as needed)

1 1/2 Tbsps Pure Maple Syrup

1/2 cup Unsweetened Applesauce

1/2 tsp Pure Vanilla Extract

1 tsp Fresh Lemon Juice (optional)

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.