Apple Cinnamon Oatmeal

Sprinkle it with extra brown sugar!

BY LEAH PEREZ Published: Aug 29, 2023

YIELDS:	PREP TIME:	TOTAL TIME:
2 serving(s)	**5** mins	**15** mins

Ingredients

- 1 tbsp. salted butter
- 1 honeycrisp apple, cored and cut into 1/2-inch cubes (about 2 cups)
- 3 tbsp. light brown sugar, divided, plus more for sprinkling
- 1 tsp. ground cinnamon, plus more for sprinkling
- 1 c. old-fashioned oats
- Pinch kosher salt
- 1/4 c. warm heavy cream or milk, to serve
- 2 tbsp. chopped toasted walnuts (optional)

See Nutritional Information

Directions

1. In a medium saucepan, melt the butter over medium heat. Add the apple, 2 tablespoons of brown sugar, and cinnamon. Cook, stirring frequently until the apples are softened and fragrant, 2 to 3 minutes. Remove ¼ of the apples to a small bowl.
2. In the saucepan with the remaining apples, add the oats, salt, the remaining 1 tablespoon of brown sugar, and 2 cups of water. Bring the mixture to a simmer and cook, stirring occasionally, until the oats are softened, 3 to 5 minutes more.
3. To serve: divide the oatmeal between two bowls and top each with the heavy cream. Top with the reserved apples and sprinkle with walnuts, brown sugar, and cinnamon.

Tip: Swap the apple for a pear for a delicious spiced pear oatmeal.