



JERNEJ KITCHEN

APPLE CINNAMON OATMEAL

Apple Cinnamon Oatmeal is a simple and quick recipe for a healthy(ish) breakfast. Kids and adults love it and it's meal-prep friendly too.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	15	MINUTES
TOTAL TIME:	20	MINUTES

CARAMELIZED APPLES

4 Evelina (Surprisingly Apple) apples or Gala apples

2 tbsp unsalted butter

1/2 tsp ground ginger

1/2 tsp ground cinnamon

1/4 tsp ground cloves

4 tbsp packed light brown sugar

2 tsp lemon juice, freshly squeezed

OATMEAL

250 g (2 1/2 cups) old-fashioned oats

750 ml (3 cups) water

500 ml (2 cups) almond milk (or oat)

TOOLS AND EQUIPEMENT

kitchen knife

skillet with a lid

spatula

saucepan with a lid

4x serving bowls

CARAMELIZED APPLES

Peel the apples, remove the core and cut into wedges. Place a skillet over medium heat. Add the butter and let it melt, then add in the spices, light brown sugar, and freshly squeezed lemon juice. Stir, then add in the apples. Stir with a spatula to coat the apples. Cover with a lid, and cook for 15 minutes or until the apples are caramelized and soft. Shake the pan from time to time while cooking.

OATS

In a saucepan, combine oats, almond or oat milk, and a pinch of salt. Place over high heat and bring to a boil. Lower the heat to medium and let it simmer for 5 minutes. Then, turn off the heat, cover with a lid, and set aside for 5 - 8 minutes or until creamy and delicious.

SERVE

Divide the oatmeal between four bowls. Arrange the caramelized apples on top and serve.