APPLE CINNAMON OATMEAL

INGREDIENTS:

1 CUP	STEEL CUT OATS
1 CUP	MILLET
6 CUPS	WATER
3 TABLESPOON	MAPLE SYRUP
2 TABLESPOONS	VANILLA EXTRACT
2 TABLESPOONS	CINNAMON, GROUND
½ TEASPOON	KOSHER SALT
2 EACH	APPLES, DICED
1 TEASPOON	OLIVE OIL
6 TABLESPOONS	DRIED CRANBERRIES
6 TABLESPOONS	PECANS, TOASTED AND CHOPPED

METHOD:

- In a medium sauce pan add water, oats, millet, maple syrup, vanilla extract, and cinnamon. Bring to a boil, lower heat to simmer, cover and cook 15-20 minutes. Stir occasionally.
- In a sauté pan, heat olive oil and cook apples until softened.
- When oats and millet are tender, add the apples.
- Garnish each serving with ½ tablespoon each of pecans and cranberries.

Servings: 12
Serving Size: 1/2 cup
Calories: 190
Fat: 4 1/2 gm **Sodium:** 85 mg **Carbohydrates:** 34 gm **Protein:** 4 gm **Fiber:** 0 gm