

## Country Apple Oatmeal

### Ingredients

1/3 cup Quaker Oats  
1/2 diced apple  
7-10 almonds or peanuts  
Cinnamon to taste  
Splenda to taste

### Cooking Instructions

- Add oats and diced apple to a bowl with water (instead of milk)
- Microwave for 1-2 minutes or cook on stove until desired consistency is reached.
- Add almonds or peanuts
- Add Cinnamon & Splenda to taste (optional)