



## WARM CINNAMON APPLE OATMEAL

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### OATMEAL

#### Ingredients:

- 2 cups oats
- 3 ½ cups whole milk or almond milk
- 1 Tbsp sweetened condensed milk (optional)

1. Bring the milk to a boil. Add in oats and simmer on low, constantly stirring, until the oats are cooked and become thick. This takes about 7-10 minutes.

2. To serve, add a heaping scoop of the oatmeal to the bowl and top off with the apple compote. Optional - place 1 Tbsp of sweetened condensed milk at the bottom of the bowl, then top with oatmeal and apple compote.

### APPLE COMPOTE

#### Ingredients:

- 4 apples, cored and diced
- 2 Tbsp unsalted butter
- ¼ tsp nutmeg
- ½ tsp cinnamon
- ¼ cup maple syrup
- Zest of 1 lemon
- Juice of ½ lemon

1. Melt butter in a skillet on medium-high heat. Add in apples and spices and sauté for 2 minutes.

2. Next, add in the maple syrup, lemon juice, and zest. Stir together and simmer on low for 5 minutes until the apples soften.

