

Apple Cinnamon Oatmeal



Ingredients

- 1 cup old-fashioned oats
- 2 cups Fairlife milk
- ½ apple, diced into small pieces
- 1 tablespoon cinnamon
- 1 tablespoon honey



Directions

1. In a pan over medium heat, bring milk to a boil. Add in oats, stir, and return to a boil.
2. Add in apples, cinnamon, and honey. Stir and cover.
3. Let sit for five minutes.