

Apple Cinnamon Peanut Butter Oatmeal

One of my favourite oatmeal breakfasts to make on a cool morning. This is definitely comfort food.

Categories

Gluten-free

Yields: 1 serving

Preparation time: 5 mins

Cooking time: 10 mins

Category: Breakfast

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw

Ingredients

Gluten free old fashioned whole grain rolled oats, old fashioned	1 x 1/2 cup
Water	1 cup
Mcintosh apples	1 x 1 medium apple
Peanut butter, unsalted	1 tablespoon
Cinnamon, ground	1 gram
Oat milk	1 tablespoon
Maple syrup	1 teaspoon

Instructions

Prep

1. Add 1 cup of water to a pot and set to boil
2. When the water has boiled, add the half cup of oats and the cinnamon, simmer on low stirring occasionally. This infuses the oats with the cinnamon as it is cooking. If you are not a fan of that, please feel free to add cinnamon at the end or omit the cinnamon altogether.
3. While the oats are cooking, peel and grate the apple and set aside. You can use any apple for this recipe, but I find that McIntosh Apples work the best.

Directions

1. When the oats have cooked, add in the grated apple near the end so the apple is mostly raw but warmed up and mix together.

2. Take the peanut butter and coat the bottom of the bowl, you can add as much or as little peanut butter as you please however if it is too much it may be overwhelming.
3. Add the apple and oats to the bowl on top of the peanut butter. You can either stir them together or leave it this way. Either way you still get the peanut butter taste in the oatmeal.
4. Add a splash of gluten free oat milk on top for consistency
5. Add a little bit of maple syrup or brown sugar on top to complete the oatmeal. You can also add a little bit of cinnamon here as well if you like.