Apple Cinnamon Porridge

6 ingredients · 15 minutes · 1 serving

Directions

1. Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently.
2. When apples are tender and porridge has thickened remove from heat and stir in maple syrup. Transfer to a bowl and top with almond butter. Enjoy!

Notes

Meal Prep
This porridge can be made ahead of time and stored in the fridge. Reheat in the microwave or on the stovetop with a splash of almond milk.

Gluten-Free
Use gluten-free certified oats if needed.

Apple
A tart apple like a Granny Smith or Macintosh works best for this recipe.

Ingredients

1/3 cup Oats (quick or rolled)

1 cup Unsweetened Almond Milk

1 Apple (small, peeled and finely chopped)

1 tsp Cinnamon

1 tbsp Maple Syrup

1 tbsp Almond Butter (optional)