



APPLE CINNAMON OATMEAL

October 29

National Oatmeal Day

INGREDIENTS

- 4 Cups Rolled Oats
- 7 Cups Milk
- 4 Medium Apples (diced)
- 6 Teaspoons Cinnamon
- 8 Tablespoons Maple Syrup
- 4 Tablespoons Chia Seeds (optional)
- 1 Teaspoon Salt

DIRECTIONS

1. In a saucepan over medium heat, combine oats, milk, and a pinch of salt.
2. Once simmering, stir in the diced apples, cinnamon, and maple syrup.
3. Cook for 5–7 minutes, stirring occasionally, until oats are soft and apples tender.
4. Remove from heat and stir in chia seeds (if using).

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

8 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/3 Cup	1/3 Cup	2/3 Cup	1 1/3 Cups