

Breakfast

## Apple Pie Oatmeal

Barbara Vindiola

**Serves:** 2

**Preparation Time:** 10 minutes

**Ingredients:**

- 1/2 cup old fashioned oats
- 1 cup water
- 2 apples, peeled, cored, and diced
- 1/4 teaspoon ground ceylon cinnamon (see note)
- 2 pitted dates, finely chopped
- 2 tablespoons chopped walnuts
- 1/4 teaspoon vanilla

**Instructions:**

Place oats and water in small pot and bring to gentle boil. Reduce heat to low and simmer for 5 minutes.

Stir in apples, ground cinnamon, and chopped dates. Add additional water if desired to adjust consistency. When oatmeal and apples are heated through, remove from heat and add stir in walnuts and vanilla.

Note: Ceylon cinnamon is know as "true cinnamon". What is commonly found in the United States is Cassia cinnamon, a closely related and less expensive variety. Ceylon cinnamon is preferable because the Cassia variety contains high levels of coumarin, a naturally occurring substance which has the potential to damage the liver in high doses. The Ceylon variety contains only traces of coumarin.

**Per Serving:**

CALORIES 201; PROTEIN 4g; CARBOHYDRATES 40g; TOTAL FAT 4.4g; SATURATED FAT 0.5g; SODIUM 5mg; FIBER 5.1g; BETA-CAROTENE 29ug; VITAMIN C 7mg; CALCIUM 22mg; IRON 5.3mg; FOLATE 5ug; MAGNESIUM 17mg; ZINC 0.2mg; SELENIUM 0.4ug

Dr. Fuhrman

