

Apple Cinnamon Oatmeal

Recipe

Ingredients

2 cups water

1 teaspoon raw agave nectar

1 teaspoon ground cinnamon

1 tablespoon raw honey

1 cup uncooked oats

1 apple peeled cored and cubed

2 tablespoons raisins (optional)

Blueberries (optional)

Strawberries (optional)

Banana (optional)

Raspberries (optional)

Blackberries (optional)

Method

In a mixing bowl. Mix oats, cinnamon, and apples. Bring 2 cups water to a boil. While water is boiling add in honey and agave to the pot. Once the water comes to a boil turn off stove and pour over oatmeal mixture. Add in desired fruit. Let cool for 1-2 minutes before eating.