

Apple Cinnamon N' oatmeal



Original recipe by: nosecretingredient, adapted by Jenny

Serves: 1, 180 cal per serve

Ingredients

1 tablespoon of unsweetened Almond Milk (or skim milk can be used also)

1 can of Heinz apple puree or 1/3 cup of homemade apple puree.

1/2 whole apple, cut into chunks

1/2 tsp tsp ground Cinnamon

1 teaspoon of maple syrup (optional)

2 Egg Whites (around 1/3 cup)

Mix the almond milk, apple puree, maple syrup and egg whites, whisk together (or use hand blender) thoroughly.

Either simmer for 3-5 minutes while stirring constantly or microwave for 1 minute, stir thoroughly, microwave for additional 45 seconds

Add chopped apple.

Add cinnamon prior to serving.