

Breakfast

Brown Sugar Cinnamon Oatmeal

**Vegetarian, Gluten-Free (if oats were produced in a gluten-free facility)*

This oatmeal tastes so good that it's hard to believe how healthy it is for you. The insoluble fiber found in this hearty breakfast, can actually help reduce the risk of heart disease and lower your LDL cholesterol.

You'll Need

- 1/2 cup oats
- 1 cup water
- 1 pinch of salt
- 2 to 3 teaspoons brown sugar
- 2 teaspoons unsalted butter
- 1/2 teaspoon cinnamon
- Dried fruit of your liking, ex: cherries, apricots



Directions

- **Stove Top:** In a medium sauce pan, boil water. Add oats and salt. Lower heat to medium until the water is absorbed. Add butter, sugar, and cinnamon. Correct seasonings. Add topping of choice.
- **Microwave:** In a microwaveable safe bowl, add all ingredients. Microwave for recommended time on box.

Play With Your Food

- Replace the brown sugar with maple syrup or honey.
- Play with the sugar in this recipe. Try to always decrease the amount used.
- Suggested Toppings:
 - Fresh fruit
 - Nuts
 - Cream
- When adding nuts or cream you may want to hold off on the butter a bit.
- If you would like to make this a vegan dish, replace the butter with some coconut oil.

Medwell Kitchen Tested