



Apple Oatmeal Custard

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 servings | Serving Size: 1 batch

Ingredients

- ½ cup lowfat (1%) milk
- ½ medium apple, cut into ¼- to ½-inch chunks (about ½ cup)
- ⅓ cup uncooked old fashioned (rolled) oats
- 1 large egg
- 1 teaspoon sweetener (e.g. honey, maple syrup, brown sugar)
- ¼ teaspoon ground cinnamon

Directions

1. Add the milk, apple, oats, egg, selected sweetener, and cinnamon to a microwave-safe bowl or large mug.
2. Stir with a fork to combine.
3. Microwave on high (default power) for 2 minutes, then stir with the fork.
4. Continue cooking until creamy, about 30-60 seconds.
5. Serve warm.

Recipe Notes

- Stir in an additional 1-2 teaspoons of milk if the custard is too thick.
- The egg in this recipe adds extra protein and fat-soluble vitamins to a classic oatmeal dish.
- Substitute your favorite plant-based milk alternative (e.g. almond milk, soy milk) for the cow's milk, if desired.

Nutrition Facts Per Serving: Calories: 235 | Total Fat: 6.5 g | Saturated Fat: 2.5 g
Sodium: 120 mg | Total Carbohydrate: 34 g | Dietary Fiber: 4.5 g | Protein: 11.5 g

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