



# Frugal -Autumn Fruit and Nut Oatmeal



Serving: 2



Cook Time: 15 mins



Level: Easy



## INGREDIENTS

- 1 apple
- 1 tsp butter
- 1/2 tsp cinnamon
- 1 pinch cloves (optional)
- 2 cups water
- 1 cup old-fashioned rolled oats
- 1/8 tsp salt
- 2 Tbsp dried cranberries
- 1/4 cup chopped walnuts
- 2 Tbsp maple syrup

## PREPARATION

1. Chop the apple into ½-inch pieces. Add about ¾ of the apple pieces to a small saucepot with the butter, cinnamon, and cloves. Sauté over medium heat for a few minutes, or just until the apples begin to soften.
2. Add the water to the pot. Place a lid on top, turn the heat up to medium-high, and allow the water to come up to a boil.
3. Once the water reaches a boil, stir in the oats, dried cranberries, and salt. Turn the heat down to medium-low and continue to simmer the oats for about 5 minutes, or until thickened.
4. When the oats have thickened, stir in the chopped walnuts and maple syrup. Taste and adjust the sweetness to your liking. Top with the remaining chopped apples. Serve hot.