

Apple Pie Oatmeal

Serves one

Ingredients

- 1/3 cup rolled oats
- 2/3 cup water
- 1/4 cup chopped apple
- 2 tsp. brown sugar
- 1/4 tsp. pumpkin pie spice
- 1/2 tsp. vanilla extract
- 1 tsp. chia seeds (plus more for topping)
- 2 tsp. almond butter



Directions

- 1) Combine all ingredients in a microwave-safe soup bowl. Cover with a plate and microwave on high for about 1 minute and 20 seconds. Take off the plate and cook uncovered for 20-30 seconds more. (Watch it closely though—an explosion of oatmeal in your microwave is no fun to clean up!)
- 2) Sprinkle the top with more chia seeds, allow to cool for a minute or so, and dig in!