



HOMEMADE CINNAMON APPLE INSTANT OATMEAL PACKET

NATASHA ROSENSTOCK NADEL · NOV 4, 2015



This pre-prepared Homemade Cinnamon Apple Instant Oatmeal Packet is the secret to a quick healthy breakfast and is very handy to throw into your bag to eat at work, or quickly in the morning at home. Just add water and it's ready!

2MIN PREP TIME	1 SERVINGS
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INGREDIENTS

- ½ cup quick one-minute oats
- Dash of cinnamon
- ½ cup freeze-dried apples, or chopped dried apples
- 1 tablespoon coconut sugar (or brown sugar)

PREPARATION

Combine all ingredients and place into a baggie.

When you want to prepare the oatmeal, add the packet to 1 cup of water in a large bowl and microwave, uncovered, for 1 ½ - 2 minutes.

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NATASHA ROSENSTOCK NADEL

Named "Most Creative Problem Solver," by Dr. Neil Barnard and his staff at the conclusion of her Physician's Committee for Responsible Medicine migraine study group, Natasha Nadel is a journalist and a mom who provides healthy substitutes for the typical shortcuts parents make when trying to feed their family quickly. Natasha wrote her [cookbook](#) and Healthy Mama's Guide for parents like her who don't want to work so hard to feed their children healthy and delicious meals made from whole foods. She lives outside Washington, DC with her husband, son and daughter.

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Rachael Masri — You're right! It has been changed to "non-dairy". Thanks!

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