

Panasonic Cooking

Oatmeal with Apples and Maple Syrup

This easy, inventive hot-cereal recipe will be a new reason to rise and shine!

Ingredients:

1 cup (250 ml) steel cut oats, rinsed

1 granny smith apple, peeled, diced

2 1/2 - 3 cups (625-750 ml) water

1 tbsp (15 ml) brown sugar

1/4 tsp (1.5 ml) cinnamon

A dash of nutmeg

A pinch of salt

Maple syrup

Milk

Directions:

1. Combine all of the ingredients except the milk and maple syrup in the multi cooker pan and mix thoroughly.
2. Select the Porridge setting, close the lid and press Start.
3. To serve, place a scoop of oatmeal in a bowl, pour the milk over top, sweeten to taste with additional syrup or brown sugar. Makes 3-4 servings.

Quick Tip:

This recipe uses steel cut oats. Large flake rolled oats, quick oats and minute oats would not be recommended. Although steel cut oats require longer cooking times, it is the most natural form of this cereal retaining much more of its nutritional benefits.

For the fast paced lifestyle when breakfast is a quick bite, use the Preset timer on the multi cooker. Let the machine do the work while you sleep and just set the timer for your breakfast time and enjoy freshly cooked hot oatmeal!

A Few Other Ways:

1. Omit the apples and top with fresh sliced bananas, coconut milk and walnuts
2. Omit the apples and top with Greek yogurt and berries
3. Omit the apples and top with sliced peaches, almond milk and a sprinkle of cocoa powder
4. Omit the brown sugar and sweeten with raisins, dried currants or dried cranberries