

Apple Oatmeal

1/2 cup diced Bartlett's Apple

1/3 cup each, Bartlett's Apple Cider and water

1/8 teaspoon salt

Dash each ground cinnamon and nutmeg

1/3 cup quick-cooking rolled oats, uncooked

Combine apples, cider, water and seasonings; bring to a boil. Stir in rolled oats; cook one minute. Cover and let stand several minutes before serving. Makes a 1 cup serving. Calories, 180

