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Hot Apple Oatmeal

Ingredients

- 1 cup(s) oats, quick-cooking
- 1 cup(s) juice, apple
- 1/2 cup(s) applesauce, unsweetened
- 1/4 teaspoon cinnamon, ground

Preparation

1. Mix oats and juice in a small saucepan over medium heat. Bring to a boil, then remove from heat and cover. Let stand for 5 minutes.
2. Add applesauce and cinnamon and stir well. For more fiber, add 1 tablespoon dried fruit, nuts or bran.