

A P P L E A L M O N D O A T M E A L for Bears:

Remember it's all about balance... Bears mix protein, fat, and carbohydrates to make a delicious balanced bowl!

INGREDIENTS:

Butter, 2 Tbsp	Vanilla extract, 1 Tbsp
1 apple, chopped	Honey, 1 Tbsp
Oatmeal, 1 cup	Slivered almonds, ¼ cup
Water, 2 cups	Dried cranberries, ¼ cup
Salt, 1 tsp	Dollop of 2% plain Greek yogurt
Cinnamon, 1 tsp	

WHAT TO DO:

1. Melt butter in saucepan on top of stove. Saute chopped apple in butter until soft.
2. Add oatmeal and water to cooked apples in saucepan. Cover and cook, stirring occasionally until thick.
3. Add salt, cinnamon, vanilla extract, and honey. Continue to cook and stir frequently.
4. Stir in almonds and dried cranberries.
5. Top with plain 2% Greek yogurt and a dash of cinnamon and cranberries. Serve with a poached egg.
6. Serves 4.