



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Apple Cinnamon Oatmeal*

Makes 1 serving

### **Ingredients:**

1/4 cup dry quick steel cut oats  
1 cup low-fat cow's milk (or unsweetened flax milk, pea milk, soy milk, nut milk, or other cow's milk alternative)  
1 small apple (diced)  
1 TBSP water  
1 tsp raw honey  
1/2 tsp cinnamon  
1/2 tsp vanilla extract



### **Directions:**

1. In a small saucepan over medium heat, combine water, apples, and cinnamon. Cover and cook for 2-3 minutes.
2. Once apple pieces are slightly softened, add milk, oats, honey, and vanilla extract. Cook for 5-7 minutes, stirring occasionally.
3. Transfer cooked oatmeal to a small bowl. Enjoy!

### **Nutrition Tips:**

1. Oats are a whole grain and an excellent source of soluble fiber. In fact, oatmeal has the largest amount of soluble fiber per serving and has been shown in studies to help lower LDL cholesterol almost 10% if eaten daily.
2. The difference between steel cut, rolled, and instant oats is simply a matter of how much the oat has been processed, resulting in a variety of texture and cooking times. Steel cut provide the most chewy and nutty texture, less so with rolled and even less with instant oats.
3. Instant flavored oatmeal is often filled with added sugars, salt and food additives to enhance flavor and shelf life. Compared to instant flavored oatmeal, plain old-fashioned oats and steel cut oats are more nutritious choices as they contain no added sugar, more protein and more fiber.
4. Consider removing the additives and embracing a more nutritious means of flavoring/sweetening plain oatmeal by adding whole fruit, cinnamon, vanilla, and a tsp of honey, which combined add fiber, vitamins, and minerals.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.