

Caramel Apple Oatmeal with Almonds and Chia



Ingredients

Caramel Sauce

- 1/4 cup pure maple syrup
- 2 tbsp almond butter
- 1/4 cup coconut oil
- 1/2 tsp sea salt
- 1 tsp vanilla extract

Oats

- 1 cup water
- 1/2 cup Quaker® Oats-Old Fashioned
- 2 tsp chia seeds
- 1/2 tsp cinnamon
- 1/4 cup fresh apples, cubed
- 1 tbsp almonds

How to make it

1. To make a vegan caramel sauce, in a small mixing bowl combine maple syrup, almond butter, coconut oil, sea salt and vanilla.
2. Bring water to a boil in a medium saucepan.
3. Stir in oats and reduce heat to low.
4. Simmer uncovered over low heat, about 5 minutes, stirring occasionally.
5. Remove from heat and stir in chia seeds, cinnamon, and apples.
6. Place oats in a bowl and top with almonds and 1 tbsp caramel sauce.

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	5 min	10 min	1

Made with



Quaker® Oats-Old Fashioned