

Sugar Free Apple Cinnamon Proats – Serves 4-5



Ingredients for Stewed Apples:

- 4 Apples, peeled and diced – I used empire apples
- 1 tsp. Cinnamon
- ½ tsp. Nutmeg
- 2 tbsp. Water
- 2 tbsp. Butter
- ½ tbsp. Cornstarch

Ingredients for Proats:

- 1 cup Oats
- 1.5 cups Water
- 2 tsp. Cinnamon
- 1 tsp. Nutmeg
- 2 cups Egg whites, whipped slightly
- 2 Banana's, mashed
- 1 tsp. Vanilla
- Plus favourite add ins

Directions:

1. Start by prepping the stewed apples. Warm the water and butter in a pot on medium heat until the butter melts
2. Add the remaining stewed apples ingredients, turn heat to low and simmer for 18-20 min.
3. While the apples stew, start prepping the proats. Add the oats water cinnamon and nutmeg to a pot and cook on medium to high heat until the oats have absorbed almost all the water.
4. Add the whipped egg whites and stir constantly until fluffy, ~2 min.
5. Remove from heat, add the mashed banana and vanilla then let sit covered for 3 min.
6. Add your favourite add ins! I did:
 - a. 3 tbsp. of each flax seed and hemp hearts
 - b. ¼ cup peanut butter
7. By this time your apples should be done. Serve the stewed apples on top of your proats and enjoy! 😊
8. Save extra in single serving jars to reheat for later.