DietCloud – Recipe

Recipe Name: Jaggery Sweetened Apple Oatmeal Recipe

Diet Type:

Course: World Breakfast

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Apple - cut into cubes	3
• 1/2 cup Instant Oats (Oatmeal) - instant	
• 1/4 cup Jaggery - grated	
• 1/4 teaspoon Cinnamon Powder (Dalchini)	
• 1/4 teaspoon Ginger - ground	
• 1/4 teaspoon Nutmeg powder	
• 1 teaspoon Vanilla Extract	
• 2 cups Water	
• 1-1/2 cup Milk	
• Hazelnut - toasted as required	
• Raisins - as required	
• Sesame seeds (Til seeds) - as required	
• Apple - cut into cubes as required	

Preparation

• To begin making the Jaggery Sweetened Apple Pie Oatmeal Recipe, in a saucepan add cubed apple, cinnamon, ginger, nutmeg and water.

• Stir in quick cooking oats and milk.

• Cook for about 10 minutes or until oats are soft and the oatmeal is thickened.

• Add grated jaggery and vanilla extract and stir to combine.

• Remove from heat and pour into serving bowls.

• Serve topped with hazelnut, raisins, sesame seeds and chopped apples.

• You may add your favourite nuts and dried fruits for topping.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)