



Heart-Healthy Apple Spice Oatmeal

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- 1/4 cup Rolled Oats
- 2 tablespoons Hemp Hearts, Shelled Hemp Seeds
- 1/2 teaspoon Ground Cinnamon
- 1/4 teaspoon Ground Nutmeg
- 1/4 teaspoon Ground Ginger
- 1/2 cup Skim Milk : or use water or plant based milk according to your preferred.
- 1/4 Green Apple
- 1 tablespoon Chopped Walnuts
- 1/2 teaspoon Light Brown Sugar

NUTRITION INFORMATION PER SERVING

Protein 16g	Sodium 54mg
Total Fat 17g	Fruits 0.25 servings
Carbs 35g	Vegetables 0 servings
Calories 348kcal	Added Sugar 2.23g
Fiber 5.8g	Healthy Fats 0 servings
Calcium 199mg	Saturated Fat 1.89g

1. Mix oats, hemp hearts, cinnamon, nutmeg, and ginger in a microwave-safe bowl.
2. Add liquid of choice to the bowl and stir.
3. Put the bowl in the microwave for 2 minutes (or follow directions on the package). Stir, and heat for an additional 30 seconds if needed.
4. Place diced apples and walnuts on top.
5. Sprinkle brown sugar to complete your heart healthy oatmeal!

