

EVERYTHING *Herbal*

by Cheryl Jabz

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Fenugreek Apple Oatmeal



High-fiber breakfast.
Supports satiety.
Naturally sweet and comforting.



INGREDIENTS

- 1 cup rolled oats
- 2 cups water or milk
- 1 apple, diced
- 1/4 tsp ground fenugreek
- 1/2 tsp cinnamon
- 1 tbsp maple syrup

INSTRUCTIONS

- 1 Cook oats according to package directions.
- 2 Stir in apple, cinnamon, and fenugreek.
- 3 Simmer 3–5 minutes.
- 4 Sweeten with maple syrup.



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