



Cinnamon Apple Metabolism Oatmeal

*Warm, wholesome, and naturally sweet—
a perfect way to start your day!*

INGREDIENTS:

- 1 cup rolled oats
- 2 cups water or almond milk
- 1 apple, diced
- 1 tsp. cinnamon
- 1 tbsp. chopped walnuts
- 1 tsp. chia seeds

INSTRUCTIONS:

- 1 Cook oats according to package directions.
- 2 Stir in apples and cinnamon.
- 3 Top with walnuts and chia seeds.
- 4 Serve warm.

This fiber-rich breakfast combines cinnamon and apples for a naturally sweet, satisfying meal.



Herbal Tip:

Cinnamon may help support healthy blood sugar levels and metabolism, making this a great choice for sustained energy.

Look for more herbal recipes and remedies on my website!

