



Everything HERBAL

BY CHERYL JABZ

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Herbal CEREAL

♥ RECIPES ♥

Warm Apple-Sage Oat Cereal



INGREDIENTS

- 1 cup rolled oats
- 2 cups milk or water
- 1 apple, peeled and diced
- ½ teaspoon cinnamon
- A tiny pinch of finely crushed dried sage
- 1 tablespoon maple syrup
- 2 tablespoons chopped walnuts

DIRECTIONS

Simmer the oats, milk, apple, cinnamon, and sage for **5–7 minutes.**

Stir in maple syrup and top with walnuts.



ABOUT THIS RECIPE

A cozy, nourishing cereal with the sweetness of apple, warmth of cinnamon, and a gentle hint of sage. Perfect for a comforting start to your day!



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