



# Caramel Apple Oatmeal with Almonds and Chia



**SERVINGS**

1



**COOKING TIME**

5 min

Caramel Apple Oatmeal with Almonds and Chia has all the best flavors of caramel apples and then some. This recipe includes a caramel sauce so everyone can enjoy in this dessert like breakfast option.

## Ingredients

### Caramel Sauce

- 1/4 cup pure maple syrup
- 2 tbsp almond butter
- 1/4 cup coconut oil
- 1/2 tsp sea salt
- 1 tsp vanilla extract

### Oats

- 1 cup water
- 1/2 cup [Quaker® Oats-Old Fashioned](#)
- 2 tsp chia seeds
- 1/2 tsp cinnamon
- 1/4 cup fresh apples, cubed
- 1 tbsp almonds

## Cooking Instructions

1. To make a vegan caramel sauce, in a small mixing bowl combine maple syrup, almond butter, coconut oil, sea salt and vanilla.
2. Bring water to a boil in a medium saucepan.

3. Stir in oats and reduce heat to low.
4. Simmer uncovered over low heat, about 5 minutes, stirring occasionally.
5. Remove from heat and stir in chia seeds, cinnamon, and apples.
6. Place oats in a bowl and top with almonds and 1 tbsp caramel sauce.