

# Homemade Apple & Blueberry Oatmeal

Submitted by: Detective Freda Arrington; 23 years of service



Photo Credit: [www.greenide.com](http://www.greenide.com)

**Servings: 1**

Prep Time: 5 min.

## Ingredients

Cook Time: 5-8 min.

1/2 cup oats  
1 cup of water or milk  
1 medium apple  
1/2 cup blueberries  
1/2 teaspoon of butter is optional  
1 teaspoon of honey and/or sugar (optional)

Total time: 13-15 min.

### Facts about Freda:

1. She is a wife and mother.
2. She has been cooking since age 10.
3. She loves to travel, shop, and most of all, work for the Lord through mentoring youth.
4. She thoroughly enjoys life and people.

## Directions

1. Boil water or milk. While you are waiting for the water or milk to boil, slice an apple in to 6 or 8 slices.
2. Place apple slices in a microwave safe dish and place in microwave for 4 minutes to cook.
3. While that is cooking add the oats to the boiling water or milk, stirring until done usually within 3 to 5 minutes (set aside).
4. Retrieve apples from microwave; add all the oats to the bowl of apples along with the blueberries and butter (optional). Stir until everything is mixed together. The sauce from the apples is all-natural and delicious.
5. Drizzle the honey over the top of your oatmeal then cover it with a lid or foil for 5 minutes, the covering will allow the blueberries to burst throughout the oatmeal.

**Note from Freda:** "This meal can be a very filling breakfast and/or sugar craving substitute. It's truly delicious. I even eat it as a dessert while everyone else is eating cake. Lol."