Apple and Ginger Skillet Oats

2 bowls · Active 10 min · Total 25 min

Skills: Easy

Ingredients

- 1 tablespoon butter (14 g)
- 1 large apple, cored and diced (180 g)
- 1 teaspoon finely grated fresh ginger (5 g)
- 1 cup rolled oats (80 g)
- 1 1/2 cups milk (360 ml)
- 1/2 cup water (120 ml), plus more as needed
- 1/4 teaspoon ground cinnamon
- 1 pinch fine salt
- 2 teaspoons maple syrup (10 ml)

Set out

10-inch skillet, Wooden spoon

Allergens

Milk, Oats. Check labels and substitutions.

Make it

1. Melt butter over medium-low heat. Add apple and ginger; cook 4–5 minutes, stirring, until apple begins to soften.

2. Add oats, milk, water, cinnamon and salt. Bring to a gentle simmer.

3. Cook for 6–8 minutes, stirring often, until oats are tender and creamy. Add a little water if thickening too quickly.

4. Stir in maple syrup, divide between bowls and serve.

A wide pan needs attention

Do not leave a skillet of milk unattended while setting up outside. Keep stirring and have bowls ready before the oats thicken.

A useful detail

Check the oat packet and adjust the simmer time for its thickness; this recipe is not for steel-cut oats.

Keep it well

Refrigerate leftovers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 2 days. Reheat to 165°F/74°C, stirring in extra milk or water to loosen.