

Apple And Oat Porridge

Ingredients

4 cups water
1 ½ cups oat bran (not oatmeal)
1 large apple - peeled/cored and chopped into very small pieces
1/3 cup raisins
½ teaspoon ground caraway seeds
½ teaspoon cinnamon
½ teaspoon salt
Soy milk for serving (optional)

Instructions

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

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