

Brown Butter Apple Oatmeal

HILL LAKE FARM

Prep Time: 5 Min. **Cook Time:** 15 Min. **Total Time:** 20 Min. **No. of Servings:** 1-2

Ingredients:

- **1/3 Cup Rolled Oats** (organic)
- **2/3 Cup Sheep Milk** (sub: 1/3 cup whole milk + 1/3 cup heavy cream, or any milk)
- **1 Apple** (1/4 cup chopped, remainder sliced thin for frying)
- **1 Scoop Protein Powder** (Mt. Capra Goat Whey, or any plain/vanilla)
- **2 tbsp Brown Sugar**
- **2 tbsp Butter**, browned
- **1 tsp Vanilla**
- **1/4 tsp Sea Salt** (Redmond Real Salt)
- **1/2 tsp Cinnamon**
- **1/4 tsp Cardamom**
- **Maple Syrup**, for topping *optional*
- **1 tbsp Heavy Cream**, for topping *optional*



Instructions:

1. In a small pot, add rolled oats, chopped apple, and milk/cream. Stew on low heat for about 10-15 minutes.
2. Add protein powder, brown sugar, butter, sea salt, cinnamon, cardamom, & vanilla as the oats cook and milk reduces. Cook down until thickened, then remove from heat and add to a bowl to set.
3. While oatmeal cools and sets, fry the apples: heat butter in a saute pan, add thin-sliced apple, and fry on medium-high, careful not to burn the butter. Add brown sugar right before the apples finish.
4. Top the oatmeal with the fried apples, pouring the brown butter sugar sauce over top. Optional: add a spoonful of maple syrup and heavy cream.

Tip: Swap sheep milk for any milk you have on hand. Any sweet apple works well - Honeycrisp, Gala, or Kinder Crisp are all great choices.

@HillLakeFarm