

Buttery Apple Oatmeal for a Satisfying Way to Start the Day

Imagine the aromas of apples, cinnamon, and butter filling your kitchen while you sip that first cup of coffee. Now that's a good way to start the day! This might just become your favorite fall breakfast. Pair it with [Make-Ahead Sage and Maple Syrup Sausage Patties](#) for a balanced combination of that will keep your glucose stable and energy strong all morning long.

While this Spiced Brown Butter Apple Oatmeal tastes indulgent, the real treat is that you are giving your nerves a good dose of antioxidants, vitamins, and minerals they specifically need, like magnesium, thiamine, selenium, and zinc.

NOTE: Some people with neuropathy react to cinnamon. Be mindful of any symptom flare-ups when eating cinnamon and omit if needed.

Brown Butter Apple Oatmeal

Serves 4

Ingredients

2 cups diced organic apples
3 3/4 cups water
1/4 cup maple syrup
1/2 teaspoon salt
2 cups oatmeal
6 tablespoons grass-fed butter

Optional: top with nuts for added nutrition

Optional: 3/4 teaspoon pumpkin pie spice

1. Put first four ingredients in a saucepan and bring to a boil.
2. Stir in oatmeal, reduce heat to a simmer, and cook according to the package instructions.
3. While oats cook, cook butter in a small skillet over medium heat until it turns golden brown.
4. Remove butter from heat and add optional pumpkin spice, if using.
5. When oatmeal is done cooking, stir in butter, cover, and let sit 10 minutes.
6. Serve oatmeal drizzled with remaining spiced brown butter.

Oatmeal's Surprising Nutrients for Nerve Regeneration

There is much more to oatmeal than meets the eye. It's not only quick and easy to make, but also dresses up nicely with endless additions to customize it your way. The real power of oatmeal, though, when fighting nerve damage is its nerve nutrient profile. Check out these surprising benefits for nerve regeneration.

1. Oatmeal and Magnesium

When it comes to your nerves, magnesium is vital for the movement of electrical impulses through your nervous system. It also helps to break down glucose, which protects your nerves. Magnesium deficiency is common and can lead to peripheral neuropathy.

2. Oatmeal and Selenium

As a powerful antioxidant, selenium helps to prevent the buildup of dangerous free radicals, which love to go around wreaking havoc with your nervous system's healthy cells.

3. Oatmeal and Zinc

Zinc deficiency can lead to a disruption in the production of neurotransmitters, which thereby reducing your nerves' ability to relay their messages...eventually resulting in nerve damage.