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Fruit & Maple Oatmeal with Brown Sugar ♦

Fruit & Maple Oatmeal with Brown Sugar is a delicious and nutritious breakfast option. It combines the natural sweetness of fruits with the hearty goodness of oats, topped with a sprinkle of brown sugar for added flavor. This oatmeal is a perfect way to start your day and keep you energized.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g	Oats
200 ml	Water
100 g	Apple
100 g	Banana

2 tbsp maple syrup

2 tbsp brown sugar

Directions

Step 1

Boiling

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Boiling

Add oats to the boiling water and cook for 5 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Cutting

Slice the apple and banana into small pieces.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Resting

Once the oats are cooked, remove from heat and let it cool for a minute.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Plating

Divide the cooked oats into two bowls.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Plating

Top each bowl of oats with the sliced apple, banana, maple syrup, and brown sugar.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 3 g

Protein: 6 g

Carbohydrates: 64 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	64 g	116.36%	128%
Fibers	7 g	18.42%	28%
Sugars	23 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Summer

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie Low Fat High Fiber Sugar-Free

Kitchen Tools

Blender

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Cinco de Mayo Diwali Ramadan Christmas

Cost

Under \$10

Difficulty Level

Medium

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