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Cinnamon Blueberry Oatmeal

Cinnamon Blueberry Oatmeal is a delicious and nutritious breakfast option. It is made with rolled oats, fresh blueberries, and a sprinkle of cinnamon. This warm and comforting dish is perfect for starting your day on a healthy note.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	Rolled Oats
100 g	fresh blueberries
1 tsp	cinnamon

Directions

Step 1

Boiling

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Boiling

Add rolled oats and cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Resting

Remove from heat and let it sit for a minute.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Plating

Transfer to serving bowls and top with fresh blueberries and a sprinkle of cinnamon.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 2 g

Protein: 5 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	4 g	10.53%	16%
Sugars	6 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	2 g	7.14%	8%
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	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	150 mg	4.41%	5.77%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Spring Summer

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Drinks Salads Snacks Sauces & Dressings

Demographics

Kids Friendly Teen Friendly Diabetic Friendly

Diet

Mediterranean Diet Vegetarian Diet Pescatarian Diet Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Difficulty Level

Medium

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