



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Brown Sugar and Raisin Oatmeal ♦

A delicious and hearty breakfast option, brown sugar and raisin oatmeal is a classic favorite. It is made with rolled oats, brown sugar, raisins, and a touch of cinnamon for a warm and comforting flavor. This oatmeal is perfect for starting your day off right and keeping you full until lunchtime.

Recipe Type: Standard

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
20 g	brown sugar
30 g	Raisins
1 tsp	Cinnamon
250 ml	Water

Directions

Step 1

Stove

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stove

Add rolled oats, brown sugar, raisins, and cinnamon to the boiling water.

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Stove

Reduce heat to low and simmer for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Remove from heat and let it sit for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 352 kcal

Fat: 4 g

Protein: 7 g

Carbohydrates: 73 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	73 g	132.73%	146%
Fibers	6 g	15.79%	24%
Sugars	27 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	1 mg	1.11%	1.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	3 mg	0.3%	0.3%
Iron	10 mg	125%	55.56%
Potassium	336 mg	9.88%	12.92%
Zinc	1 mg	9.09%	12.5%
Selenium	14 mcg	25.45%	25.45%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave Grill Slow Cooker
Pressure Cooker Air Fryer Food Processor

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet
MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)
Volumetrics Diet Paleo Diet The Whole30 Diet Atkins Diet Ketogenic Diet
Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet

Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet

Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet

16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet

Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet

Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet

Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet

The Acid Reflux Diet Gluten-Free Diet Low Glycemic Index Diet

Low Sodium Diet The Fast Metabolism Diet Nutrient Timing Diet

The 80/10/10 Diet The Gerson Therapy The Swiss Secret Diet

The Scarsdale Diet The Cabbage Soup Diet The Hallelujah Diet

The Mayo Clinic Diet The Beverly Hills Diet The Hollywood Diet

The Lemonade Diet The Grapefruit Diet The Rice Diet

The Sleeping Beauty Diet The Baby Food Diet The 3-Hour Diet

The French Women Don't Get Fat Diet The Cookie Diet The F-Plan Diet

The Israeli Army Diet The Air Diet The Breatharian Diet The Werewolf Diet

The Five-Bite Diet The Negative Calorie Diet The Ice Cream Diet

The Master Cleanse Diet The Subway Diet The SlimFast Diet

The Cambridge Diet The Shangri-La Diet The Best Life Diet The 3-Day Diet

The CICO (Calories In, Calories Out) Diet The Eat-Clean Diet

The Peanut Butter Diet The Bulletproof Diet The Carnivore Diet

The Dukan Diet The HCG Diet The Optavia Diet The Pritikin Diet

The Starch Solution Diet The Vertical Diet The GOLO Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet

The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet

The BRAT Diet (Bananas, Rice, Applesauce, Toast)

The GERD Diet (Gastroesophageal Reflux Disease)

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet The Low Oxalate Diet The Diabetes Diet

The Hypothyroidism Diet The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures) The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet The Arthritis Diet The Osteoporosis Diet

The Heart-Healthy Diet The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet The High-Fiber Diet The Low-Fat Diet

The High-Protein Diet The Low-Protein Diet The High-Calcium Diet

The High-Potassium Diet The Low-Potassium Diet The High-Iron Diet

The Low-Iron Diet The Low-Phosphorus Diet The High-Vitamin D Diet

The High-Vitamin C Diet The High-Vitamin K Diet The Low-Vitamin K Diet

The Low-Copper Diet The Spring Detox Diet The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet The Winter Warming Diet The Low-Sulfur Diet

The High-Sulfur Diet The Eczema Diet The Psoriasis Diet The Rosacea Diet

The Acne Diet The Migraine Diet The Celiac Disease Diet

The Gallbladder Diet The Kidney Stone Diet The Anti-Anxiety Diet

The Depression Diet The Adrenal Fatigue Diet The Endometriosis Diet

The Hashimoto's Disease Diet The Lyme Disease Diet The Diverticulitis Diet

The Restless Leg Syndrome Diet The Tinnitus Diet The Interstitial Cystitis Diet

The Gastroparesis Diet The Menopause Diet The Post-Pregnancy Diet

The Fertility Diet The Breastfeeding Diet The Low-Nickel Diet

The Chronic Urticaria Diet The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet The Raynaud's Disease Diet

The Sjögren's Syndrome Diet The Low Tyramine Diet The Lactose-Free Diet

The Fructose Malabsorption Diet The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet The Chronic Pancreatitis Diet

The Sarcoidosis Diet The Leaky Gut Syndrome Diet The Behçet's Disease Diet

The Graves' Disease Diet The Addison's Disease Diet

The Cushing's Syndrome Diet The Ankylosing Spondylitis Diet The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet The Asthma Diet

The Sinusitis Diet The Bronchiectasis Diet The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder) The Autism Diet

The Bipolar Disorder Diet The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet Blood Type O Diet

Blood Type A Diet Blood Type B Diet Blood Type AB Diet

Cooking Method

Grilling Frying Baking Boiling Steaming Microwaving Blanching

Sautéing Roasting Smoking Curing Blending Grinding Freezing

Canning Drying Pickling Sous Vide Pasteurizing Fermenting Infusing

Pressing Jellying Carbonating Whipping Stirring Simmering Cutting

Cut Mixing Resting Plating Serving Cooking None Stir-frying

Mashing Preheating Sprinkling Heating Refrigerating Preparation

Cooling Oven Stove

Healthy For

Gastroesophageal reflux disease (GERD) Gastritis Peptic ulcer disease

Inflammatory bowel disease (IBD) Irritable bowel syndrome (IBS) Celiac disease

Diverticulitis Hemorrhoids Appendicitis Gallstones Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Difficulty Level

Medium

Visit our website: healthdor.com