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Peanut Butter Yogurt Oatmeal

Peanut Butter Yogurt Oatmeal is a delicious and nutritious breakfast option. It combines the creaminess of yogurt with the rich flavor of peanut butter and the heartiness of oats. This recipe is perfect for vegetarians and can easily be made vegan by using plant-based yogurt. It is a filling and satisfying meal that will keep you energized throughout the morning.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 400 grams

Number of Servings: 2

Serving Size: 200 g

Ingredients

100 g	Rolled Oats
200 g	yogurt
30 g	peanut butter
15 g	honey

100 g	Banana
10 g	Chia Seeds

Directions

Step 1

In a bowl, combine rolled oats and yogurt.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Stirring

Stir in peanut butter and honey.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Cut

Slice the banana and add it to the bowl.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle chia seeds on top.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack Supper Dinner

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

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Difficulty Level

Medium

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