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## 10-Minute Energizing Oatmeal

This 10-Minute Energizing Oatmeal recipe is a quick and easy breakfast option that will keep you full and energized throughout the morning. Oatmeal is a classic breakfast dish that has been enjoyed for centuries. It is made by boiling oats in water or milk and can be flavored with a variety of ingredients such as fruits, nuts, and spices. This recipe is perfect for those busy mornings when you need a nutritious and filling meal to start your day.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	Oats
200 ml	Water
100 g	Banana

20 g	almond butter
10 g	honey
5 g	cinnamon

## Directions

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### Step 1

Boiling

In a saucepan, bring water to a boil.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 2

Boiling

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

**Prep Time:** 1 mins

**Cook Time:** 5 mins

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### Step 3

Remove from heat and let it cool for a minute.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Slice the banana and add it to the cooked oats.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 5

Drizzle almond butter and honey over the oats.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Sprinkle cinnamon on top.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	6 g	15.79%	24%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	5 mg	0.22%	0.22%
Calcium	50 mg	5%	5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	14 mcg	25.45%	25.45%

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Difficulty Level

Easy

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