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Sweet Chocolate Oatmeal ♦

Sweet Chocolate Oatmeal is a delicious and comforting breakfast dish that combines the goodness of oats with the rich flavor of chocolate. It is a perfect way to start your day with a sweet treat that will keep you full and satisfied.

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	Oats
250 ml	milk
20 g	Cocoa Powder
30 g	Honey
1 tsp	vanilla extract

100 g	Banana
30 g	chopped nuts

Directions

Step 1

Stove

In a saucepan, bring milk to a boil.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Stove

Add oats, cocoa powder, honey, and vanilla extract to the saucepan. Stir well.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Stove

Cook for 5 minutes or until the oats are tender and the mixture has thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Remove from heat and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serve the sweet chocolate oatmeal in bowls. Top with sliced banana and chopped nuts.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
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	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Easter

Meal Type

Breakfast

Brunch

Nutritional Content

Low Calorie

Course

Drinks

Salads

Desserts

Snacks

Cultural

Chinese New Year

Demographics

Heart Healthy

Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Mayo Clinic Diet

Difficulty Level

Easy

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