



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Peanut Butter Raspberry Oatmeal

This delicious and healthy oatmeal recipe combines the rich flavors of peanut butter and sweet raspberries. It's the perfect way to start your day!

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

100 g	Oats
30 g	peanut butter
100 g	Raspberries
200 ml	milk
20 g	honey

Directions

Step 1

Stove

In a saucepan, bring the milk to a boil.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Stove

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

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Remove from heat and stir in the peanut butter and honey until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Top with fresh raspberries and serve hot.

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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	10 g	26.32%	40%
Sugars	10 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	2 g	9.09%	11.76%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Summer Fall

Meal Type

Breakfast Brunch Lunch Snack Supper

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium

Course

Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali Ramadan

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Difficulty Level

Medium

Visit our website: healthdor.com