



Healthdor

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## Oatmeal with Diced Fruit and Pistachios ♦♦

Oatmeal with Diced Fruit and Pistachios is a delicious and nutritious breakfast option. It is made with rolled oats, diced fruits like apples, bananas, and berries, and topped with crunchy pistachios. This recipe is vegetarian and can easily be made vegan by using plant-based milk instead of dairy milk.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 250 grams

**Number of Servings:** 2

**Serving Size:** 125 g

### Ingredients

100 g	Rolled Oats
50 g	Apple
50 g	Banana
50 g	Mixed Berries

20 g	Pistachios
250 ml	milk

## Directions

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### Step 1

Stove

In a saucepan, bring milk to a boil.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Add rolled oats 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 sit for a minute.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

### Cutting

Dice the apple, banana, and mixed berries.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

### Plating

Serve the oatmeal in bowls, top with diced fruits and pistachios.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 4 g

**Protein:** 10 g

**Carbohydrates:** 55 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	55 g	100%	110%
Fibers	8 g	21.05%	32%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Spring

Summer

## Meal Type

Breakfast

Lunch

Snack

Brunch

## Kitchen Tools

Slow Cooker

## Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Oktoberfest

## Cost

\$30 to \$40

## Demographics

Senior Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

## Difficulty Level

Medium

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