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[Peaches and Cream Oatmeal](#)

Peaches and Cream Oatmeal is a delicious and nutritious breakfast option. It combines the sweetness of fresh peaches with the creaminess of oatmeal, creating a satisfying and flavorful meal. This recipe is perfect for those looking for a quick and easy breakfast that will keep them full and energized throughout the morning.

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
200 ml	milk
100 g	peaches
2 tsp	honey
1 tsp	cinnamon

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 let it cool for a few minutes.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Preparation

Slice the peaches and add them to the oatmeal.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Preparation

Drizzle honey over the oatmeal and sprinkle with cinnamon.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 3 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	5 g	13.16%	20%
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	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
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	10 mg	125%	55.56%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Kitchen Tools

Grill

Course

Appetizers

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Thanksgiving

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Medium

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