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## Blueberry Maple Syrup Oatmeal ♦

Blueberry Maple Syrup Oatmeal is a delicious and nutritious breakfast option. It combines the flavors of sweet blueberries and maple syrup with creamy oatmeal. This recipe is vegetarian-friendly.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

<b>100 g</b>	oatmeal
<b>50 g</b>	blueberries
<b>30 g</b>	maple syrup
<b>200 ml</b>	Water

# Directions

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## Step 1

Boiling

In a saucepan, bring water to a boil.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 2

Boiling

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 3

Resting

Remove from heat and let it sit for 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 4

## Serving

Serve the oatmeal in bowls and top with blueberries and maple syrup.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 3 g

**Protein:** 8 g

**Carbohydrates:** 60 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	60 g	109.09%	120%
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	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	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

## Recipe Attributes

### Seasonality

Summer

### Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Kitchen Tools

Blender

**Course**

Appetizers

Salads

Soups

**Difficulty Level**

Medium

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