



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Dairy-Free Strawberry Oatmeal ♦

This dairy-free strawberry oatmeal recipe is perfect for those who are lactose intolerant or following a vegan diet. It combines the sweetness of strawberries with the heartiness of oats to create a delicious and nutritious breakfast option. The oats are cooked with almond milk, making it creamy and flavorful. Top it off with fresh strawberries and a drizzle of maple syrup for added sweetness.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

<b>100 g</b>	Oats
<b>250 ml</b>	almond milk
<b>100 g</b>	Strawberries
<b>2 tbsp</b>	maple syrup

# Directions

---

## Step 1

Stove

In a saucepan, bring almond milk to a boil.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

---

## Step 2

Stove

Add oats to the boiling almond milk and cook for 10 minutes, stirring occasionally.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

## Step 3

Cutting

Slice the strawberries and set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Divide the cooked oats into two bowls and top with sliced strawberries.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Drizzle maple syrup over the oatmeal and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 8 g

**Protein:** 10 g

**Carbohydrates:** 45 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	45 g	81.82%	90%
Fibers	8 g	21.05%	32%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	350 mg	10.29%	13.46%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer

Fall

### Events

Christmas

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

### Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

Sugar-Free

### Kitchen Tools

Grill

### Course

Appetizers

Desserts

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

### Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)