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Honey Cocoa Oatmeal ••

Honey Cocoa Oatmeal is a delicious and nutritious breakfast option. It combines the flavors of honey and cocoa with the heartiness of oats to create a satisfying and energizing meal. This recipe is perfect for those looking for a quick and easy breakfast that will keep them full and focused throughout the morning. Whether you're a busy professional or a student on the go, Honey Cocoa Oatmeal is sure to become a favorite in your breakfast rotation.

Recipe Type: Standard

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

| | |
|---------------|--------------|
| 100 g | Oats |
| 300 ml | Water |
| 10 g | cocoa powder |

20 g honey

Directions

Step 1

Boiling

In a saucepan, bring water to a boil.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Simmering

Add oats to the boiling water and reduce heat to low. Cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Remove from heat and stir in cocoa powder and honey until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Cooling

Let the oatmeal cool for a few minutes before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 4 g

Protein: 9 g

Carbohydrates: 51 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 9 g | 52.94% | 52.94% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 51 g | 92.73% | 102% |
| Fibers | 8 g | 21.05% | 32% |
| 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 | 1 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 | 0 iu | 0% | 0% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 10 mg | 769.23% | 769.23% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |

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

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 5 mg | 0.22% | 0.22% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 15 mg | 187.5% | 83.33% |
| Potassium | 250 mg | 7.35% | 9.62% |
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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