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Blueberry Oatmeal ♦♦

Blueberry oatmeal is a classic breakfast dish that combines the sweetness of blueberries with the heartiness of oats. It is a popular choice for a healthy and filling breakfast option.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

100 g	Oats
100 g	blueberries
200 ml	milk
2 tbsp	honey
1 tsp	cinnamon

Directions

Step 1

Stove

In a saucepan, bring the milk to a simmer.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Stove

Add oats and cook for 5 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 5 mins

Step 3

Remove from heat and let it sit for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stir in blueberries, honey, and cinnamon.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 4 g

Protein: 10 g

Carbohydrates: 70 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	70 g	127.27%	140%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	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	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	60 mg	2.61%	2.61%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Winter Spring Summer

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Drinks Salads Snacks

Cultural

Chinese New Year Diwali Thanksgiving Christmas Easter Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Difficulty Level

Medium

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