

All Recipes

Al Recipe Builder

**Similar Recipes** 

# Fast Oatmeal ··

A quick and easy recipe for oatmeal that can be prepared in minutes. Perfect for busy mornings or as a healthy snack.

Recipe Type: Standard	Prep Time: 5 mins
Cook Time: 5 mins	Total Time: 10 mins
Recipe Yield: 100 grams	Number of Servings: 1
Serving Size: 100 g	

## Ingredients

40 g	Oats
200 ml	water
100 ml	milk
2 tsp	honey
1 tsp	Cinnamon
100 g	Banana

### Directions

### Step 1

#### Boiling

In a saucepan, bring water and milk to a boil.

Prep Time: 2 mins

Cook Time: 3 mins

### Step 2

Stove

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

Prep Time: 0 mins

Cook Time: 5 mins

### Step 3

Resting

Remove from heat and let it sit for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

### Step 4



Serve hot and top with honey, cinnamon, and sliced banana.

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 150 kcal

Fat: 2g

Protein: 5g

Carbohydrates: 30 g

### **Nutrition Facts**

### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

### Vitamins

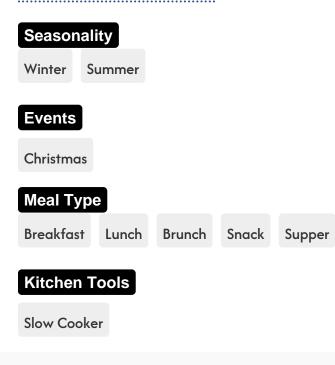
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

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

### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

# **Recipe Attributes**



Course						
Appetizers	Salads	Soups	Snacks			
Diet						
Paleo Diet	Vegetari	an Diet	Vegan Diet	Raw Food Diet	Pescatarian Diet	
Ovo-Vegeta	rian Diet	Lacto-V	egetarian Die	t Lacto-Ovo Veg	getarian Diet	
Fruitarian Di	et Engii	ne 2 Diet				
Difficulty L Easy	evel					

Visit our website: healthdor.com