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Sunrise Raisin Oatmeal ♦

Sunrise raisin oatmeal is a delicious and nutritious breakfast option. It is made with wholesome ingredients like oats, raisins, and spices. This warm and comforting dish is perfect for starting your day on a healthy note.

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
50 g	Raisins
1 tsp	cinnamon
0.5 tsp	nutmeg
200 ml	milk

2 tbsp	maple syrup
1 tsp	vanilla extract
0.25 tsp	salt

Directions

Step 1

Stove

In a saucepan, bring milk to a simmer.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Stove

Add oats, raisins, cinnamon, nutmeg, vanilla extract, and salt to the saucepan.

Prep Time: 2 mins

Cook Time: 10 mins

Step 3

Stove

Cook for 10 minutes, stirring occasionally, until the oats are tender and the mixture has thickened.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Remove from heat and let it rest for 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serve hot in bowls, drizzled with maple syrup.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 3 g

Protein: 6 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
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	3 g	10.71%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

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 Snack

Difficulty Level

Easy

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