



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Peanut Butter Protein Oats ♦

Peanut Butter Protein Oats is a nutritious and delicious breakfast option. It is made with oats, peanut butter, and protein powder, providing a good balance of carbohydrates, healthy fats, and protein. This recipe is perfect for those who are looking for a quick and easy breakfast that will keep them full and satisfied throughout the morning.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 5 mins

**Total Time:** 10 mins

**Recipe Yield:** 150 grams

**Number of Servings:** 1

**Serving Size:** 150 g

### Ingredients

40 g	Oats
20 g	peanut butter
30 g	protein powder
200 ml	Water

# Directions

---

## Step 1

Microwaving

In a microwave-safe bowl, combine oats and water.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

---

## Step 2

Microwaving

Microwave on high for 2 minutes or until oats are cooked.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 3

Remove from microwave and stir in peanut butter and protein powder.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	7 g	18.42%	28%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	100 mg	10%	10%
Iron	3 mg	37.5%	16.67%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	14 mcg	25.45%	25.45%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Snack Dinner Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium  
Sugar-Free High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender

### Course

Appetizers Salads Soups Snacks Sauces & Dressings

### Difficulty Level

Easy

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