



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Peanut Butter & Banana Oatmeal

Peanut Butter & Banana Oatmeal is a delicious and nutritious breakfast option. It is made with rolled oats, mashed bananas, and creamy peanut butter. This hearty and filling dish is perfect for starting your day off on the right foot. The combination of peanut butter and banana provides a great balance of protein, healthy fats, and carbohydrates. It can be enjoyed by both kids and adults alike.

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	Rolled Oats
150 g	mashed bananas
30 g	peanut butter
300 ml	Water

2 tsp 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 rolled oats 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 mashed bananas and peanut butter until well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Plating

Divide the oatmeal into two bowls and drizzle with honey.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	8 g	21.05%	32%
Sugars	16 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
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	3 mg	20%	20%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	450 mg	13.24%	17.31%
Zinc	1 mg	9.09%	12.5%
Selenium	9 mcg	16.36%	16.36%

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

Visit our website: healthdor.com