



Healthy Coconut Oatmeal



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



364 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup cranberries dried
- ☐ 3 tablespoons honey
- ☐ 0.3 cup maple syrup pure
- ☐ 8 ounce yogurt plain
- ☐ 0.3 cup raisins
- ☐ 2 cups rolled oats
- ☐ 0.3 teaspoon salt
- ☐ 3.5 cups vanilla soy milk plain

- ☐ 0.3 cup coconut or sweetened flaked
- ☐ 0.3 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Pour the milk and salt into a saucepan, and bring to a boil. Stir in the oats, maple syrup, raisins, and cranberries. Return to a boil, then reduce heat to medium. Cook for 5 minutes. Stir in walnuts and coconut, and let stand until it reaches your desired thickness. Spoon into serving bowls, and top with yogurt and honey, if desired.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:19.26, Inflammation Score:-6, Nutrition Score:19.55695665401%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 364.21kcal (18.21%), Fat: 11.41g (17.55%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 57.73g (19.24%), Net Carbohydrates: 52.62g (19.14%), Sugar: 28.97g (32.19%), Cholesterol: 4.91mg (1.64%), Sodium: 202.55mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.62%), Manganese: 1.61mg (80.32%), Vitamin B2: 0.57mg (33.58%), Calcium: 277.59mg (27.76%), Vitamin B12: 1.63µg (27.11%), Vitamin B3: 5.12mg (25.59%), Vitamin E: 3.79mg (25.28%), Copper: 0.43mg (21.41%), Vitamin B6: 0.42mg (20.82%), Fiber: 5.11g (20.44%), Selenium: 13.06µg (18.66%), Phosphorus: 180.93mg (18.09%), Vitamin B1: 0.26mg (17.48%), Folate: 62.31µg (15.58%), Magnesium: 60.23mg (15.06%), Potassium: 501.67mg (14.33%), Iron: 2.4mg (13.32%), Vitamin C: 10.69mg (12.95%), Zinc: 1.91mg (12.73%), Vitamin A: 579.75IU (11.6%), Vitamin D: 1.69µg (11.27%), Vitamin B5: 0.52mg (5.19%), Vitamin K: 1.3µg (1.24%)