



## Healthy Coconut Oatmeal

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup cranberries dried
- 0.3 cup maple syrup pure
- 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:31.45, Glycemic Load:14.42, Inflammation Score:-6, Nutrition Score:18.396086998608%

# 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: 309.24kcal (15.46%), Fat: 10.18g (15.66%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 42.23g (15.36%), Sugar: 18.59g (20.65%), Cholesterol: 0mg (0%), Sodium: 184.74mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Manganese: 1.6mg (79.82%), Vitamin B2: 0.51mg (30.19%), Vitamin B3: 5.08mg (25.39%), Vitamin E: 3.77mg (25.13%), Vitamin B12: 1.49µg (24.78%), Calcium: 231.22mg (23.12%), Copper: 0.42mg (21.05%), Fiber: 5.09g (20.35%), Vitamin B6: 0.4mg (20.09%), Selenium: 12.14µg (17.35%), Vitamin B1: 0.25mg (16.75%), Folate: 59.46µg (14.86%), Phosphorus: 144.6mg (14.46%), Magnesium: 55.48mg (13.87%), Iron: 2.33mg (12.97%), Vitamin C: 10.44mg (12.66%), Potassium: 437.63mg (12.5%), Zinc: 1.66mg (11.09%), Vitamin D: 1.65µg (11.01%), Vitamin A: 542.33IU (10.85%), Vitamin B5: 0.36mg (3.65%), Vitamin K: 1.23µg (1.17%)