



Oatmeal with the Works

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



662 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 servings brown sugar
- ☐ 1 cup cherries dried
- ☐ 1 cup chocolate chips
- ☐ 1 cup apricots dried chopped (preferably Blenheim)
- ☐ 1 cup roasted hazelnuts
- ☐ 0.5 cup brown sugar light packed
- ☐ 10 servings milk
- ☐ 6 cups quick-cooking rolled oats

- ☐ 1 cup coconut flakes unsweetened toasted
- ☐ 10 servings mix
- ☐ 10 servings toppings
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- ☐ 10 servings toppings

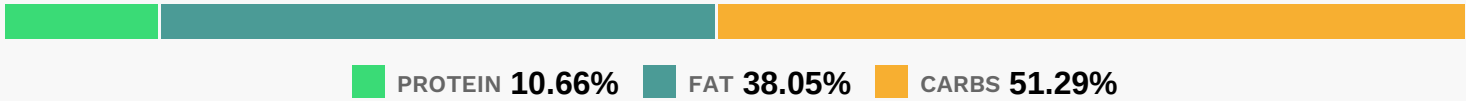
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ AT HOME
- ☐ Combine oats, apricots, cherries, sugar, and salt in a large bowl with hands until pieces of fruit aren't sticking together. Store in a container with a lid up to 1 month. Package toppings separately.
- ☐ IN CAMP
- ☐ Bring water (3/4 cup per serving) to a boil in a saucepan and stir in oatmeal mix (3/4 cup per serving).
- ☐ Remove from heat, cover, and let stand until most of water has been absorbed, 5 minutes. Set out with toppings and milk.
- ☐ *Find pomegranate molasses at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:15.14, Glycemic Load:25.44, Inflammation Score:-9, Nutrition Score:25.829565089682%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epigallocatechin: 0.33mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg

Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Nutrients (% of daily need)

Calories: 662.02kcal (33.1%), Fat: 29.14g (44.83%), Saturated Fat: 13.69g (85.59%), Carbohydrates: 88.37g (29.46%), Net Carbohydrates: 79.16g (28.78%), Sugar: 48.1g (53.44%), Cholesterol: 29.28mg (9.76%), Sodium: 103.64mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.73%), Manganese: 3.11mg (155.68%), Phosphorus: 531.23mg (53.12%), Magnesium: 192.99mg (48.25%), Calcium: 378.92mg (37.89%), Fiber: 9.21g (36.85%), Selenium: 23.45µg (33.51%), Vitamin B1: 0.48mg (32.24%), Vitamin A: 1296.5IU (25.93%), Copper: 0.51mg (25.31%), Potassium: 884.77mg (25.28%), Vitamin B2: 0.43mg (25.1%), Vitamin B12: 1.32µg (21.96%), Iron: 3.72mg (20.69%), Zinc: 3.08mg (20.51%), Vitamin E: 2.86mg (19.09%), Vitamin D: 2.68µg (17.89%), Vitamin B6: 0.31mg (15.68%), Vitamin B5: 1.52mg (15.15%), Folate: 31.3µg (7.83%), Vitamin B3: 1.27mg (6.36%), Vitamin K: 4.42µg (4.21%), Vitamin C: 1.01mg (1.23%)