



Paleo Oatmeal (Not Really Oatmeal At All)

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



601 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon almond butter
- 0.3 cup vanilla almond milk
- 1 apples diced
- 1 banana
- 1 teaspoon coconut oil
- 3 eggs
- 0.5 teaspoon ground cinnamon
- 1 tablespoon maple syrup to taste

- 0.3 cup ground pecans to taste
- 0.5 teaspoon pumpkin pie spice
- 0.5 cup raisins
- 1 tablespoon vanilla extract
- 0.3 cup ground walnuts to taste

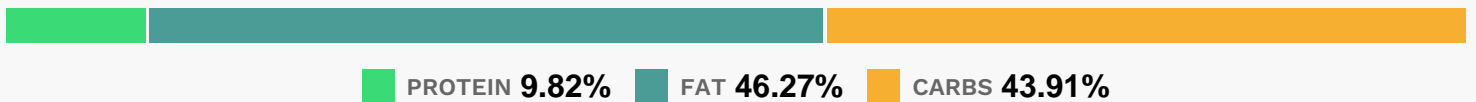
Equipment

- food processor
- sauce pan

Directions

- Stir apple, raisins, coconut oil, cinnamon, and pumpkin pie spice together in a saucepan over medium heat. Bring to a simmer and cook to blend flavors, about 5 minutes.
- Blend banana, eggs, almond milk, almond butter, and vanilla together in a food processor.
- Add walnuts and pecans to banana mixture and blend.
- Stir banana mixture and maple syrup into apple mixture; bring to a simmer and cook until thick, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:119.54, Glycemic Load:27.85, Inflammation Score:-6, Nutrition Score:22.926087109939%

Flavonoids

Cyanidin: 3.15mg, Cyanidin: 3.15mg, Cyanidin: 3.15mg, Cyanidin: 3.15mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 6.97mg, Epicatechin: 6.97mg, Epicatechin: 6.97mg, Epicatechin: 6.97mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 601.49kcal (30.07%), Fat: 32.14g (49.44%), Saturated Fat: 5.9g (36.88%), Carbohydrates: 68.61g (22.87%), Net Carbohydrates: 59g (21.46%), Sugar: 25.03g (27.81%), Cholesterol: 245.52mg (81.84%), Sodium: 148.64mg (6.46%), Alcohol: 2.24g (100%), Alcohol %: 0.84% (100%), Protein: 15.35g (30.71%), Manganese: 1.94mg (97.23%), Vitamin B2: 0.68mg (40.09%), Fiber: 9.61g (38.43%), Copper: 0.69mg (34.61%), Selenium: 22.51µg (32.16%), Phosphorus: 307.68mg (30.77%), Vitamin B6: 0.55mg (27.57%), Potassium: 911.4mg (26.04%), Magnesium: 103.54mg (25.88%), Vitamin E: 3.15mg (21.01%), Iron: 3.53mg (19.64%), Folate: 68.08µg (17.02%), Calcium: 163.83mg (16.38%), Vitamin B1: 0.24mg (16.24%), Zinc: 2.42mg (16.11%), Vitamin B5: 1.5mg (15%), Vitamin C: 11.74mg (14.23%), Vitamin B12: 0.59µg (9.79%), Vitamin A: 456.02IU (9.12%), Vitamin D: 1.32µg (8.8%), Vitamin B3: 1.54mg (7.72%), Vitamin K: 3.63µg (3.46%)