Oatmeal/Cereal

Source: Vegan Kickstart

Oatmeal is full of fiber, which helps you stay full throughout the morning! It can be cooked on the stovetop, in a microwave, or prepared in advance for overnight oats. Serve with banana or another fruit of choice. Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you're satisfied! Double or expand recipe based on needs.

About the Recipe

206 Calories · 6.6 g Protein · 6 g Fiber
Breakfast
Gluten-free · Nut-free

Oats do not contain gluten but can be manufactured in a facility with gluten. For severe allergies, it's best to buy oats with a gluten free label.
Cereal allergens vary based on consumer choice.

Ingredients

Makes 1 Servings

- 1/4 c (20 g) dry rolled oats
- 1/3 c (80 mL) unsweetened low-fat, nondairy milk

Directions

1. Prepare oatmeal according to package directions.

Nutrition Facts

Per serving:
Calories: 206

Fat: 3 g

Saturated Fat: 0.5 g

Calories From Fat: 12%

Cholesterol: 0 mg

Protein: 6.6 g

Carbohydrate: 36 g

Sugar: 15 g

Fiber: 6 g

Sodium: 34 mg

Calcium: 119 mg

Iron: 1.5 mg

Vitamin C: 10.5 mg

Beta-Carotene: 46 mcg

Vitamin E: 0.3 mg