Power Brekkie for Weight Loss

Source: Ann Christine @VeggieMagnifique

A vibrant, fiber-rich breakfast to kickstart your day with flavor and nutrition! This recipe was featured in [Lose Weight With the Right Foods: The Science of Fullness | S3 Ep1 | One Healthy World]

About the Recipe

Calories · Protein · Fiber
Breakfast

Tips & Variations

- Prefer your oats chilled? Prep the oatmeal the night before and enjoy it cold for a summery twist.
- Add a tablespoon of ground flaxseed or chia seeds for extra omega-3s and fiber.
- Want more protein? Stir in a dollop of soy yogurt or a spoonful of your favorite plant-based protein powder.

Ingredients

Makes 1-2 Servings

- 1/2 cup (120mL) rolled oats
- 1 cup (240mL) unsweetened plant milk (e.g., almond, soy, oat)
- 1/4 cup (60 mL) freshly squeezed orange juice
- 1/2 (2.5 mL) teaspoon pure vanilla extract
- Zest of 1/2 orange **optional*
- 1/2 cup (120mL) mixed berries (blueberries, strawberries, raspberries, etc.)
- Melon (cantaloupe, honeydew, or watermelon)
- Additional orange slices

Directions

1. Cook the oats.In a small saucepan, combine the rolled oats and plant milk. Bring to a gentle simmer over medium heat, stirring occasionally, until the oats are creamy and fully cooked (about 5–7 minutes).
2. Add flavor. Once the oats are cooked, stir in the orange juice and vanilla extract. For an extra citrusy flair, add a little orange zest.
3. Assemble your bowl. Pour the oatmeal into a serving bowl. Top with fresh berries and any fruit you like. If you opted not to mix orange juice into your oats, serve orange slices on the side for a classic combo, or pop 'em on top of your oats.
4. Serve with sliced melon and enjoy! This breakfast is light, refreshing, and packed with fiber, antioxidants, and hydration – perfect for supporting a healthy weight loss journey.