Oatmeal/Cereal With Berries

Source: Vegan Kickstart

Top your oatmeal with berries to add disease-fighting antioxidants to your breakfast! Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you're satisfied! Feel free to add any fruit you like! Double or expand recipe based on needs.

About the Recipe

136 Calories · 5.8 g Protein · 4.6 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.

Avoid using nuts or nut-based milks as a topping if you have a nut allergy.

Ingredients

Makes Servings

- 1/4 c (20 g) dry rolled oats
- 1/3 c (180 mL) unsweetened low-fat nondairy milk
- 1/4 c (37 g) blueberries or berries of choice
- 1/4 c (38 g) strawberries or fruit of choice (e.g., banana)

Directions

1. Prepare the oats per the instructions. You can use water instead of plant milk, if preferred. Any fruit can be added, including bananas or raisins, or even frozen berries.

Nutrition Facts

Calories: 136
Fat: 2.8 g
- Saturated Fat: 0.4 g
- Calories From Fat: 17.5%

Cholesterol: 0 mg
Protein: 5.8 g
Carbohydrate: 23.4 g
Sugar: 6.2 g
Fiber: 4.6 g
Sodium: 30 mg
Calcium: 119 mg
Iron: 1.4 mg
Vitamin C: 28.2 mg
Beta-Carotene: 15 mcg
Vitamin E: 0.4 mcg