

Breakfast: Oatmeal Bowl with Fresh Fruit and Nuts



They say breakfast is one of the best meals of the day, do you agree? Well, regardless of that, today we separate a top recipe for you to prepare for the rush of the day. How about an Oatmeal Bowl with Fresh Fruit and Nuts?

Ingredients



- 1/2 cup rolled oats;
- 1 cup of milk (can be almond milk, oat milk, soy milk, etc.);
- 1 teaspoon of chia seeds;
- 1 teaspoon honey or maple syrup (optional, for sweetening);
- Chopped fresh fruit (e.g. strawberries, banana, blueberries, kiwi);
- Chopped nuts (eg almonds, chestnuts, walnuts);
- A pinch of cinnamon (optional, for flavor);
- A pinch of salt.

Preparing breakfast

Preparing the Oats:

In a saucepan, heat the milk over medium heat until it begins to boil. Add rolled oats, a pinch of salt and chia seeds. Stir well.

Cooking Oats:

Cook the oats over medium-low heat, stirring occasionally, for about 5-7 minutes, until the oats are cooked through and the mixture has thickened.

Sweetening the Oats:

If desired, add a teaspoon of honey or maple syrup to sweeten the oatmeal. Stir well until incorporated.

Assembling the Bowl:

Pour the cooked oats into a bowl.

Adding Fruits and Nuts:

Add the chopped fresh fruit on top of the oatmeal. Choose your favorite fruits or whatever is available.

Add chopped walnuts for texture and a touch of flavor.

Last step

Sprinkle a pinch of cinnamon over the top of the bowl to add a delicious aroma (optional).

This bowl of oatmeal is a healthy and nutritious option to start your day with energy. You can customize the recipe with whatever fruits and nuts you prefer. Oats are an excellent source of fiber and protein, while fruits and nuts provide vitamins, minerals and antioxidants.

Perfect for a balanced and delicious breakfast!



Video recipe

Watch a recipe similar to this one on video if you'd rather watch than read.

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