

My best breakfast oatmeal

A bowl of good oatmeal contributes towards a positive start to the day. However, how should we best prepare it, especially when there are so many different options to try?

The basic recipe for oatmeal is:

- 45 grams of oat flakes
- 250 ml of milk

Below, you can find a table for nutrient content calculation. In the first line, you can find nutrients for the portion of oat flakes. Your task is to choose the “milk” - calculate for traditional dairy first and then for additional non-dairy milk(s) of your choice. You can find the nutrient content in online databases or on the package of the drinks. Do not forget about the fact that for your portion of oatmeal, you need 250 mL of the drinks - but the nutrient content in the databases or on the package could be calculated for another volume (like 1L or 100 mL).

After your calculation, you will also receive information about the environmental sustainability of different drinks. Think how that information changes your perception of different recipes!

Additional task: Looking for something more tasty? Or do you want to try to improve the nutrient profile of your oatmeal? Try to add some additional ingredients, like fruit (or even vegetables), oil, nuts or seeds...or chocolate? See how that changes the nutrient content of your breakfast.

Version 1: Dairy milk of your choice!												
	Energy (kJ)	Protein (g)	Carbohydrates (g)	Sugars	Fat	Saturated fatty acids (g)	Calcium (mg)	Iron (mg)	Iodine (ug)	Fiber (g)	Vitamin C (mg)	Vitamin D (ug)
Oat flakes	735	6	31	0.5	3.1	0.53	52	1.7	0.23	4.5	0	0
	Environmental impact:											

Version 2: Plant-based milk alternative of your choice!

	Energy (kJ)	Protein (g)	Carbohydrates (g)	Sugars	Fat	Saturated fatty acids (g)	Calcium (mg)	Iron (mg)	Iodine (ug)	Fiber (g)	Vitamin C (mg)	Vitamin D (ug)
Oat flakes	735	6	31	0.5	3.1	0.53	52	1.7	0.23	4.5	0	0
	Environmental impact:											