



Power coconut oatmeal with berries & pecans

Description

I used to be one of those people who would happily skip breakfast, coconut oatmeal did not exist for me yet. I somehow believed that when it came to eating, less (times) was more. Well, turns out my body doesn't necessarily agree with that philosophy.

Over the years, I've learned that I function much better when I eat three proper meals and have a snack or two in between (no sugar). I have fewer cravings, I'm not constantly hungry, and I don't end up eating everything in sight later in the day. Taking the time to actually sit down and eat makes a difference too. Although, honestly, making time for a proper breakfast in the morning is still very much a work in progress.

And interestingly, skipping breakfast can actually leave you feeling hungrier later in the day. This [article by Dietitian Hannah](#) explains why, although, of course, what works for one body doesn't necessarily work for another.

Oatmeal has become one of my go-to breakfasts. Not always this version, because I tend to throw in whatever I have lying around. Some berries, a piece of apple, a few nuts, coconut, whatever is available. Oats are something I always have in the cupboard, and another rather lovely thing about them is that they're cheap. Because sometimes that matters too.

This coconut oatmeal is one of the nicer combinations, if you ask me. Creamy and comforting, with fresh berries, a little sweetness and some crunch from the nuts and coconut. It gives you fiber, some healthy fats and a good amount of energy to get going.

And while a bowl of oatmeal isn't going to magically transform your day, I do believe that how you start your morning can influence the rest of it. So, when I manage to actually sit down and enjoy this instead of rushing around, that's already a pretty good start.

BLF balance ~ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

7.5 / 10

BLF Flavor

8.5 / 10

BLF Easy

9 / 10

MAKE IT MORE BALANCED

Add 2–3 tablespoons of plain Greek yogurt or skyr on top, if you eat dairy. **(+0.5)**

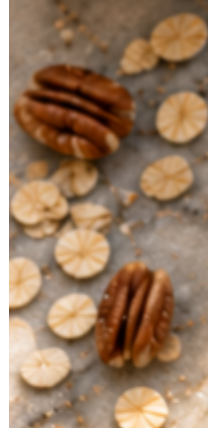
Use soy milk instead of almond or coconut. **(+0.5)**

Add a pinch of cinnamon or vanilla to the oats while cooking. **(Flavor boost)**

CREAMY & NOURISHING

Coconut Oatmeal

WITH BERRIES & PECANS



Nourishment coconut oatmeal

Fiber: High

Veggie level: None

Keeps you full: Pretty well

Energy: Steady

Mood: Creamy, cosy & comforting

Details

Servings
2 servings

Prep time
5 minutes

Cooking time
5 minutes

Protein
~12 (up to ~18 g with soy milk)



Ingredients

- 100 gr rolled oats
- 300 ml almond milk, soy milk or coconut milk (drink, not the canned one)
- 1 tbsp coconut flaked or grated coconut
- 1 tsp chia seeds
- 1 tsp ground flaxseed
- Blueberries, Strawberries, Raspberries or other berries

- 1 tbsp pecans, roughly chopped



Directions

- Cook the oatmeal. Add the oats and milk to a small saucepan. Bring to a gentle simmer and cook for about 5 minutes, stirring occasionally, until creamy. Add a splash more milk if it gets too thick.
- Stir in the grated coconut, chia seeds and ground flaxseed during the last minute of cooking. Add a little extra liquid if needed, as the seeds will thicken the oatmeal.
- Wash the fruit and roughly chop the pecans.
- Spoon the warm oatmeal into a bowl and add the blueberries, raspberries, strawberries or whatever fruit you use, pecans and coconut flakes.